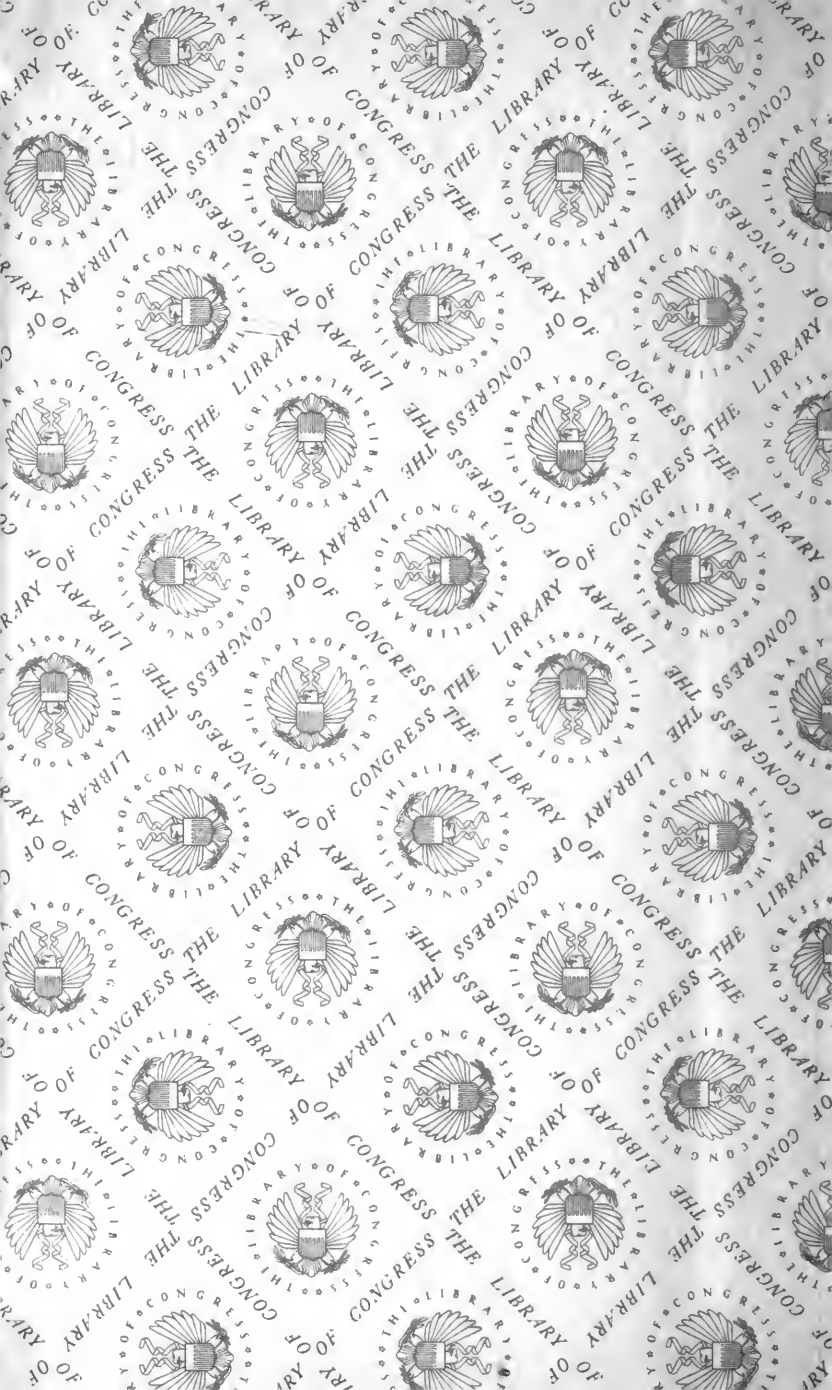
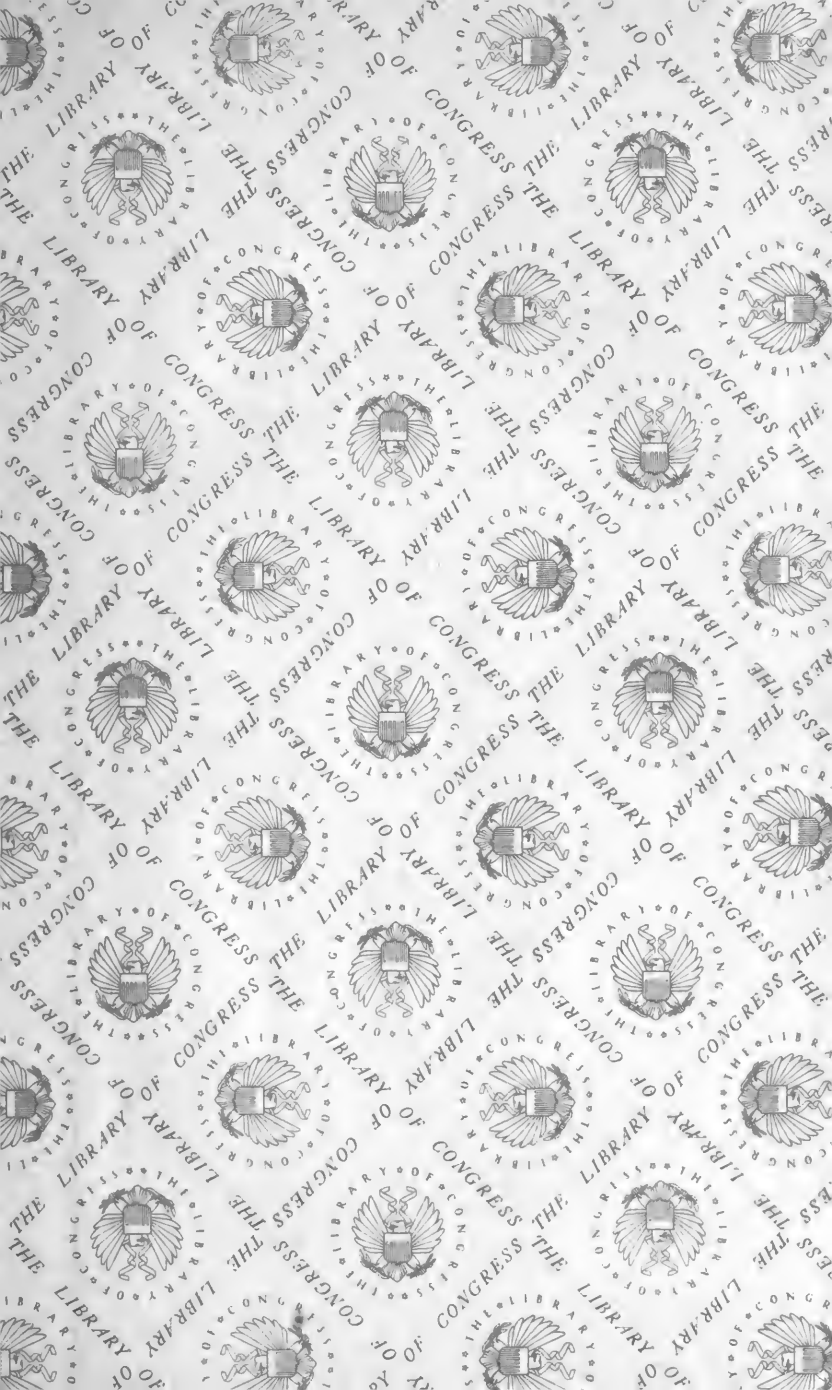


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**ARTS REVEALED,**  
**AND**  
**UNIVERSAL GUIDE;**

CONTAINING MANY RARE AND

**INVALUABLE RECIPES AND DIRECTIONS**

FOR

**THE USE OF FAMILIES;**

FROM THE BEST AUTHORITIES.

EMBRACING

DIRECTIONS FOR TREATING DISEASES—BEHAVIOR OF LADIES AND GENTLEMEN—EMBROIDERY, AND OTHER KINDS OF NEEDLE-WORK—INFORMATION AS TO ROOTS AND HERBS—COMPOUNDING MEDICINES—HOW TO BE PREPARED FOR ACCIDENTS,  
&c., &c., &c.

SEVERAL RECIPES COST FROM \$20 TO \$50 EACH,

HAVING NEVER BEFORE BEEN PUBLISHED.

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of New York.

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# PART I.

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## THE ARTS REVEALED;

OR,

## SECRETS MADE KNOWN.

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*The celebrated Chinese Cement, for Mending Glass, Marble, China, Earthen-ware, &c.*—White shellac 1 oz. dissolved in 2 oz. of spirits of wine, 10 grains of borax dissolved in 2 drams of sulphuric ether. After the ingredients are dissolved, put them together.

*Directions for Use.*—Put it on the edges of the broken ware with a brush or feather; then burn it off with a spirit light. Put the pieces together, hold them until they set, and they will be as firm as they were before they were broken.

*The Magic Copying-Press or Manifold Writer. Recipe for the Colors Used.*—Prussian blue, Venetian red, chrome green, and prepared lampblack.

Put the paints into different vessels, mix with sweet oil, apply it to both sides of the paper with a brush or sponge, lay the pieces prepared between two pieces of paper, and let it lie for 10 hours.

*To Make a Powder, by which you may Write with Water.*—Bruise to powder a handful of galls, half an ounce of vitriol, an ounce of gum arabic and gum sandrick. Mingle them, finely sifted together, then rub your paper with a little of it, laid upon cotton

wool; and, having smoothed it, take water and write upon the paper; then, suffering it to dry, it will be black.

*Powder for Removing Superfluous Hair.*—Powdered quicklime two parts; sulphuret of arsenic one part; starch one part. Mix in fine powder, and keep in a close vessel.

*French Rose Pomatum.*—White wax one pound; lard three pounds; suet three pounds. Melt, and when partly cold, stir in rose-water one pint; ottar of rose forty drops. The appearance of this pomatum is much improved by giving it a pink color.

✓ *Imperial Ginger Pop.*—Take cream of tartar one pound; ginger one and a half ounce; white sugar seven pounds; essence of lemon one dram; water six gallons; yeast half a pint. Mix. Tie the corks down.

*Volatile Soap, for Removing Paint, Grease-spots, &c.*—Four table-spoonfuls of spirits of hartshorn, four table-spoonfuls of alcohol, and a table-spoonful of salt. Shake the whole well together in a bottle, and apply with a sponge or brush.

✓ *White Spruce Beer.*—Three pounds of loaf sugar; five gallons of water, with enough of essence of spruce to give it a flavor; a cup of good yeast; a little lemon peel, if you choose; and when fermented, bottle it up close. It is a delightful beverage in warm weather.

*Cheap and Excellent Blue Color for Ceilings, &c.*—Boil slowly, for three hours, a pound of blue vitriol and half a pound of the best whiting, in about three quarts of water; stir it frequently while boiling, and also on taking it off the fire. When it has stood till quite cold, pour off the blue liquor; then mix the cake of color with good size, and use it with a plasterer's brush in the same manner as white-wash, either for walls or ceilings.

*Unsurpassable Blacking.*—Put one gallon of vinegar into a stone jug, and one pound of ivory-black well

pulverized, a half pound of loaf sugar, a half ounce of oil of vitriol, and six ounces of sweet oil; incorporate the whole by stirring.

*Ink Powder for Immediate Use.*—Reduce to powder ten ounces of gallnuts, three ounces of green copperas, two ounces each of powdered alum and gum arabic. Put a little of this mixture into white wine, and it will be fit for immediate use.

*To Make Ink for Marking Linen with Type.*—Dissolve one part of asphaltum in four parts of oil of turpentine; add lampblack or black lead in fine powder, in sufficient quantity to render of proper consistence to print with type.

*For Red Marking Ink.*—Half an ounce of vermilion, one dram of salt of steel, finely levigated with linseed oil to a proper consistency.

*For Indelible Ink.*—To four drams of lunar caustic, in four ounces of water, add sixty drops of nutgalls made strong by being pulverized and steeped in soft water. The mordant which is to be applied to the cloth before writing, is composed of one ounce of pearl-ash dissolved in four ounces of water, with a little gum arabic dissolved in it. Wet the spot with this; dry and iron the cloth; then write.

*Common Small Beer.*—A handful of hops to a pailful of water; a pint of bran, and half a pint of molasses; a cup of yeast and a spoonful of ginger.

*Root Beer.*—Take a pint of bran, a handful of hops, some twigs of spruce, hemlock or cedar, a little sassafras, or not, as you have it; roots of various kinds, plantains, burdocks, dock, dandelions, &c.; boil and strain; add a spoonful of ginger, molasses to make it pleasant, and a cup of yeast. When you want it soon, let one bottle stand where it is warm, and the rest will work cold. This is for a gallon.

*To Make Cologne Water.*—Take a pint of alcohol, and put in thirty drops of oil of lemon, thirty of bergamot, and half a gill of water. If you desire

musk or lavender, add the same quantity of each. The oils should be put in the alcohol and shaken well, before the water is added. Bottle it for use.

*A Varnish to Prevent the Rays of the Sun from Passing through Window or other Glass.*—Pound gum adragant into powder, and put it to dissolve for twenty-four hours in whites of eggs well beaten. Lay a coat of this on your glass with a soft brush, and let it dry.

*To take off Instantly the Copy of a Print.*—Make a water of soap and alum, with which wet a cloth or paper, lay it on a print or picture, and press it once under the rolling-press, and you will have a very fine copy of whatever you shall have laid it upon. Some other powerful pressure will produce the same result.

*To Prepare a Transparent Paper for Drawing.*—Take one or several sheets of fine and very thin paper, and rub them over with oil or spirits of turpentine, mixed in double the quantity of the oil of nuts. To cause the paper to imbibe this mixture, dip a sponge or feather in it, which you will pass on both sides of the paper, and let it dry.

When you want to use it, lay it on a print. Then, with a brush, a pencil, or a pen, pass over all the strokes, lines and turns of the design laid under. You may even thus learn to shade with neatness, if you wash that same design, while fixed on the original print, with India ink.

By practising often, you may learn to draw very neatly, and even with boldness. This method will certainly prove very useful and entertaining for those who have not the patience to learn in the common way.

*To Make Water Oil, for Painters.*—Take eight pounds of pure unslacked lime, add twelve quarts of water; stir it and let it settle; turn it off gently, and bottle it; keep it corked till used. This will mix with oil, and, in proportion of half, will render paint more durable.



*To Make Paint without White Lead and Oil.*—

Take two quarts of skimmed milk, two ounces fresh-slacked lime, and five pounds of whiting. Put the lime into a stone-ware vessel, pour upon it a sufficient quantity of milk to make a mixture resembling cream; the remainder of the milk is then to be added; and lastly the whiting is to be crumbled and spread on the surface of the fluid, in which it gradually sinks. At this period it must be well stirred in, or ground as you would other paint, and it is fit for use. You may add any coloring matter that suits the fancy.

It is to be applied in the same manner as other paint, and in a few hours it will become perfectly dry. Another coat may then be added, and so on, until the work is completed to your liking. This paint is of great tenacity, and a slight elasticity, which admits of being rubbed hard, even with a coarse woollen cloth, without being injured in the least.

It has little or no smell when wet, and when dry is perfectly inodorous. It is not subject to be blackened up by sulphurous vapors, and it is not injurious to the health—all which qualities give it a decided preference. The above will cover twenty-seven square yards once over.

*To Prepare Gun Cotton.*—Mix in a glass vessel one part (weight) pure nitric acid with two parts (weight) concentrated sulphuric acid. With this mixture saturate, for ten minutes, finely-carded wool cotton; then with a glass rod press the cotton so as to remove as much of the acids as possible, after which it must be washed with rain-water until all the acid taste is removed; then carefully dry, and it is ready to “go off.” Much care must be used both in preparing and using this vegetable lightning. Must not let much of the acids get on the hands—it bites badly. All the materials should be of the best quality.

*To Remove Writing Ink from a Printed Page.*—

Add one half part red oxide lead to three parts muriatic acid; pour it on the page, and immediately wash it off with water.

*Composition for Lucifer Matches.*—Take four parts glue, dissolve, and when it is hot, add one part phosphorus, and sift in a few spoonfuls of whiting, to bring it to the proper thickness. This is the identical recipe from which the N. E. Friction Match Company's matches are made.

*Turkish Rouge, to give a Beautiful Complexion.*—Get three cents worth of alkanet chips at any druggist's; tie them in a gauze bag, and suspend in a glass vessel containing a half pint of alcohol. When it comes to the right color, take out the alkanet. This is a superior rouge; it will not rub off, and is in no-wise injurious to the face.

*Lemon Syrup.*—Take one pound of Havana sugar, boil it in water down to a quart, drop in the white of an egg, and strain it. Add one quarter of an ounce of tartaric acid; let it stand two days; shake it often. Four drops of oil of lemon will much improve it.

*To Make Sarsaparilla Mead.*—One pound of Spanish sarsaparilla; boil five hours, so as to strain off two gallons; add sixteen pounds of sugar and ten ounces of tartaric acid. One half wine-glass of syrup to one half pint tumbler of water, and one half tea-spoonful of soda powder, is a fair proportion for a drink.

✓ *Essences.*—An ounce of oil to one pint of alcohol is about a fair proportion. Let them be well shaken together.

*To Stain Harps, Violins, or any other Musical Instrument, a Crimson Stain.*—Take one pound of ground Brazil, and boil it in three quarts of water for an hour; strain it, and add half an ounce of cochineal; boil it again for half an hour gently, and it will be fit for use. N. B.—If you would have it of the scarlet tint, boil half an ounce of saffron in a quart of water, and pass over the work previous to the red stain. Observe, the work must be very clean; and of air-wood or good sycamore, without blemish. When varnished it will look very rich.

*For a Purple Stain.*—Take a pound of chip-log-wood, to which put three quarts of water ; boil it well for an hour ; add four ounces of pearlash, and two ounces of indigo pounded, and you will have a good purple.

*For a Fine Black.*—When black is required in musical instruments, it is produced by japanning, the work being well prepared with size and lamp-black ; take some black japan (from the varnish maker's) and give it two coats, after which varnish and polish it.

*A Fine Blue Stain.*—Take a pound of oil of vitriol in a glass bottle, in which put four ounces of indigo.

*A Fine Green Stain.*—Take three pints of strong vinegar, to which put four ounces of the best verdigris ground fine, half an ounce of sap-green, and half an ounce of indigo.

*For a Bright Yellow.*—There is no need whatever to stain the wood, as a very small bit of aloes put in the varnish will make it of good color, and has the desired effect.

*A Water-proof Glue.*—Melt common glue in the smallest possible quantity of water, and add by drops linseed oil that has been rendered drying by having a small quantity of litharge boiled in it—the glue being briskly stirred when the oil is added.

*Celebrated Recipe for Silver Wash.*—One ounce of nitric acid, one ten cent piece, and one ounce of quick silver. Put in an open glass vessel, and let it stand until dissolved ; then add one pint of water, and it is ready for use. Make it into a powder by adding whiting, and it may be used on brass, copper, German silver, &c.

*Remarkable Chemical Erasive Compound*—This compound is unrivaled for removing grease-spots, pitch, tar and paint from every description of woollen goods, for cleaning coat-collars, &c. Take four and a half pounds of old castile soap, one pint of camphor, half a

pound of salæratuſ, and one pint of water; cut the ſoap into ſmall pieces, and melt over a ſlow fire.

A PREMIUM WAS TAKEN FOR THE ABOVE PREPARATION IN THREE DIFFERENT STATE FAIRS.

*Gold and Silver Coin Detector.*—Ten grains of nitrate of ſilver, and one ounce of water.

*Diamond Cement.*—Take iſinglaſs, ſoak it in water until it becomes ſoft; then diſſolve in proof ſpirits and a little reſin varniſh. Uſed for joining china, glaſs, and joining and fixing precious ſtones, &c.

*Another.*—Take the white of an egg and very quick lime, mix into a paſte; apply it to the edges to be joined. This article is eaſily prepared, and makes a very good cement.

*Iron Cement.*—Take iron borings ninety-eight parts, ſal-ammoniac two parts. and water to make them into a paſte for uſe.

*Wood Cement.*—Uſe common ſhellac and alcohol; put it in a veſſel and let it diſſolve. Put it on with a brush. This cement is far ſuperior to common glue, and will make the parts joined quite as firm as before they were broken.

*An Infallible Cure for Cancer.*—Take aſenic and pulverized root of cokeberry, in equal parts, and ſprinkle upon a bread and milk poultice, which keep moiſt, and renew every 36 hours. In a few days every fiber of the cancer will be deſtroyed. This remedy being very poiſonous, cannot of courſe be applied where it may interfere with reſpiration.

## PART II.

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### INVALUABLE RECIPES FOR FAMILIES.

*To Set Colors Fast in Calico and other Goods.*—Ox's gall will set the color of any goods, whether silk, woolen, or cotton. Dissolve one table-spoonful of gall in a gallon of warm water, and wash the article in it, without soap. The gall is a cheap article, and a bottle of it should be kept by every family.

*To Take Stains out of Mahogany.*—Spirits of salts six parts; salts of lemon one part. Mix, then drop a little on the stains, and rub them until they disappear.

*To Restore Colors Taken out by Acids.*—Sal-volatile or hartshorn will restore colors taken out by acids. It will not harm the garment.

*To Take Mildew out of Linen.*—Take soap and rub it well; then scrape some fine chalk, and rub that also in the linen. Lay it on the grass; as it dries, wet it a little; and it will soon come out.

*To Prevent Lamps from Smoking.*—It is very often difficult to get a good light from a lamp, and yet keep it from smoking; but if the wick is first soaked in strong vinegar, and then thoroughly dried, this annoyance will be prevented. Still the wick must not be put up too high.

*To Clean Bed-ticks, however badly soiled.*—Apply Poland starch, by rubbing it on thick with a wet cloth. Place it in the sun. When dry, rub it in with the hands; repeat it, if necessary. The soiled part will be as clean as new

**These Recipes are Known to be Excellent.**

*To Destroy Red Ants.*—Crack shagbark walnuts, and lay where you wish to collect them, and then wet the cracks where they come, with corrosive sublimate.

*To Cleanse Black Veils.*—Pass them through a liquor of beef's gall and water; then take a small piece of glue, pour boiling water on it, and pass the veil through it; clay and frame it dry, and it will be as beautiful as new.

*To Clean Britannia or Silver.*—Simple whiting, powdered, and moistened with alcohol, is the best article ever used.

*To Wash White Marino Shawls.*—Wash the shawl in fair suds made beforehand, rub no soap on the shawl, rinse in clear warm water, with two changes if you please; then take a solution of gum arabic, and add to it warm water till you think it will produce a little stiffness like starch when dry. Press with a moderately hot iron before quite dry, laying a clean cotton or linen cloth between the iron and the shawl.

*Cure for Bleeding at the Stomach.*—Take a pound of yellow dock-root, dry it thoroughly, pound fine, boil it in a quart of sweet milk, and strain off. Drink a gill three times a day. Take also a pill of white-pine turpentine every day, to heal the vessels that leak.

*Hard Soap.*—One pound of salt of soda, two pounds of hard soap, five quarts of water; boil down to three quarts, let it stand until cold, then cut it in slices to dry.

*Method of Cleaning China.*—Mix a little pearlash, or potter's clay, or soda, with your water, and it will give them a bright appearance.

*To Cleanse foul Casks.*—Fill them with meal, or bran, and water, and let them stand till fermentation takes place; it will entirely cleanse them without ex-

pense, as the mixture is afterwards better food for swine than before.

*To Preserve Hams.*—Hams, after being well salted and smoked, may be preserved sweet a year by packing them down in oats.

*To Destroy Bedbugs.*—Rub the bedsteads well with lamp-oil; this alone is good, but to make it more effectual, get a sixpence worth of quicksilver and add to it. Put it into all the cracks around the bed, and they will soon disappear. The bedsteads should first be scalded and wiped dry; then put on with a feather.

*To Preserve Cheese.*—Cover them carefully with paper, put on with flour paste, so as to keep out the air. In this way they may be kept from insects for years. Keep them in a cool, dry place.

*Labor-saving Soap.*—Take two pounds of sal-soda, two pounds of yellow bar soap, and ten quarts of water. Cut the soap in thin slices, and boil together two hours; strain, and it will be fit for use. Put the clothes in soak the night before you wash, and to every pail of water in which you boil them, add a pound of soap. They will need no rubbing; merely rinse them out, and they will be perfectly clean and white.

### **The Most Approved Methods of Scouring and Dyeing.**

*To Clean Light Kid Gloves.*—Magnesia, moist bread, and India rubber, are all of them good to clean light kid gloves. They should be rubbed on the gloves thoroughly. If so much soiled that they cannot be cleaned, sew up the tops of the gloves, and rub them over with a sponge dipped in a decoction of saffron and water. The gloves will be yellow or brown, according to the strength of the decoction.

*To Clean Stoves and Stone Hearths.*—Varnished stoves should have several coats of varnish put on in summer, in order to have it get hard before being used.

They should be washed in warm water, without soap, a little oil rubbed on them occasionally, makes them look nice, and tends to keep the varnish from wearing off. Black lead and British lustre are both of them good to black stoves which have never been varnished; if they have been, it will not answer. They should be mixed with cold water, to form a paste; then rubbed on the stoves, and remain till quite dry; they should then be rubbed with a dry, stiff, and flat brush, till clean and polished. If you wish to preserve the color of free-stone hearths, wash them in water without any soap; then rub on them, while damp, free-stone that has been reduced to a powder; let it remain until dry, then rub it off. If the hearths are stained, rub them hard with a piece of free-stone. If you wish to have your hearth look dark, rub it over with hot soft soap, alone, or diluted with water. For brick hearths, use redding, mixed with thin hot starch and milk.

*To Clean Mahogany and Marble Furniture.—*

No soap should ever be used for them; they should be washed in fair water, and rubbed with a clean, soft cloth till dry. A little sweet oil, rubbed on occasionally, gives them a fine polish. The furniture should be rubbed over with a cloth dipped in oil, then rubbed over with a clean cloth till it appears dry and polished. White spots on varnished furniture may be removed by rubbing them with a warm flannel, dipped in spirits of turpentine. Ink-spots may be removed by rubbing them with a woollen cloth, dipped in oil of vitriol and water mixed, being careful not to touch any part of the furniture that is not spotted. As soon as the ink is extracted, rinse the spot with pearlash water, and then with fair water. It is said that blotting paper alone will extract the ink, if rolled up tight and rubbed hard on the spots. If it answers the purpose, it is altogether best to use it, as there is always danger attending the use of the oil of vitriol, it being so powerful as to corrode whatever it may get dropped on, without its effects are destroyed by the use of an alkali.



*To Restore Rusty Italian Crape.*—Heat skim-milk and water; dissolve in half a pint of it a piece of glue an inch square, then take it from the fire. Rinse the crape out in vinegar to clean it; then, to stiffen it, put it in the mixed glue and milk. Wring it out and clap it till dry, then smooth it out with a hot iron; a paper should be laid over it when it is ironed. Gin is an excellent thing to restore rusty crape; dip it in, and let it get saturated with it; then clap it till dry, and smooth it out with a moderately hot iron. Italian crape can be dyed to look as nice as that which is new.

*To Cleanse Phials and Pie Plates.*—Bottles and phials that have had medicine in them may be cleansed by putting ashes into each one, and immersing them in a pot of cold water, then heating the water gradually until it boils. When they have boiled in it an hour, take it from the fire and let them remain in it till cold; then wash them in soap-suds, and rinse them in fair water till clean. Pie plates that have been used much for baking are apt to impart an unpleasant taste to the pies, which is owing to the lard and butter of the crust soaking into them and becoming rancid. It may be removed by putting them in a brass kettle with ashes and cool water, and boiling them in it an hour.

*To Cleanse Feather Beds and Mattresses.*—When feather beds become soiled or heavy, they may be made clean and light by being treated in the following manner: Rub them over with a stiff brush, dipped in hot soap-suds. When clean, lay them on a shed, or any other clean place, where the rain will fall on them. When thoroughly soaked, let them dry in a hot sun for six or seven successive days, shaking them up well and turning them over each day. They should be covered over with a thick cloth during the night; if exposed to the night air, they will become damp, and mildew. This way of washing the bed-ticking and feathers makes them very fresh and light, and is much easier than the old-fashioned way of emptying the

beds and washing the feathers separately, while it answers quite as well. Care must be taken to dry the bed perfectly, before sleeping on it. Hair mattresses that have become hard and dirty, can be made nearly as good as new, by ripping them, washing the ticking, and picking the hair free from bunches and keeping it in a dry, airy place several days. Whenever the ticking gets dry, fill it lightly with the hair, and tack it together.

*To Remove Paint and Putty from Window Glass.*  
—Put sufficient pearlash into hot water to make it very strong of it; then saturate with it the paint which is daubed on the glass. Let it remain till nearly dry; then rub it off hard, with a woollen cloth. Pearlash water is also good to remove putty before it is dried on the glass. If it dries on, whiting is good to remove it.

*To Extract Stains from White Cotton Goods and Colored Silks.*—Salts of ammonia, mixed with lime, will take out the stains of wine from silk. Spirits of turpentine, alcohol and clear ammonia are all good to remove stains on colored silks. Spots of common or durable ink can be removed by saturating them with lemon-juice and rubbing on salt, then putting them where the sun will shine on them hot for several hours. As fast as they dry, put on more lemon-juice and salt. When lemon-juice cannot be obtained, citric acid is a good substitute. Iron mould may be removed in the same way. Mildew and most other stains are removed by rubbing on soft soap and salt, and placing the article where the sun will shine on it hot. Where soap and salt will not remove stains, lemon-juice and salt will generally answer. The above things will only remove stains in warm, clear weather, when the sun is hot. Sulphuric acid, diluted with water, is very effectual in removing fruit stains. Care should be taken not to have it so strong as to eat a hole in the garment; and as soon as the stain is out, it should be rinsed in pearlash water, and then in fair water. Colored cotton

goods, that have common ink spilt on them, should be soaked in lukewarm sour milk.

*To Extract Grease from Silks, Paper, Woolen Goods, and Floors.*—To remove grease-spots from goods and paper, grate on them, very thick, French chalk. (Common chalk will answer, but is not as good as the French chalk.) Cover the spots with brown paper, and set on a moderately warm iron, and let it remain till cold. Care must be taken not to have the iron so hot as to scorch or change the color of the cloth. If the grease does not appear to be out on removing the iron, grate on more chalk, heat the iron again, and put it on. Repeat the process till the grease is entirely out. Strong pearlash water, mixed with sand, and rubbed on grease-spots in floors, is one of the most effective things that can be used to extract the grease.

*To Extract Paint from Cotton, Silk, and Woolen Goods.*—Saturate the spot with spirits of turpentine, and let it remain several hours; then rub it between the hands. It will crumple away, without injuring either the color or the texture of the article.

*To Remove Black Stains on Scarlet Woolen Goods.*—Mix enough tartaric acid with water, to give it a pleasant taste; then saturate the black-spots with it, taking care not to have it touch the clean part of the garment. Rinse the spots immediately, in fair water. Weak pearlash water is good to remove stains that are produced by acids.

*To Remove Stains from Broadcloth.*—Take an ounce of pipe-clay that has been ground fine, and mix it with twelve drops of alcohol and the same quantity of spirits of turpentine. Whenever you wish to remove any stains from cloth, moisten a little of this mixture with alcohol, and rub it on the spots. Let it remain till dry, then rub it off with a woolen cloth, and the spots will disappear.

*To Extract Ink from Floors.*—Ink-spots on floors can be removed by scouring them with sand wet in oil of vitriol, and water, mixed. Rinse them, when the ink is extracted, with strong pearlash water.

*For Scouring thick Cotton; as Counterpanes, Quilts, &c.*—Cut a pound of mottled soap into thin slices; put it into a pan with a quarter of an ounce of potash, and one ounce of pearlash; then pour a pail of boiling water on it; let it stand till it is quite dissolved; then pour hot and cold water into your scouring-tub, with a bowl of your solution of soap. Put your counterpane in it, and beat it well out with a doll, often turning the counterpane over in the tub. When this is done, wring it across a gallows or a hook, which is done by turning the two opposite ends round each other, and putting a small clean stick between them. By this method you may wring it as dry as possible; the harder, without injuring it, the better. Having given it this first liquor, you may put in some old cottons or woollens, that the liquor may not be thrown away, and then give your counterpane a second liquor, as before. Wring it out again, and rinse in clean cold water; then pour a sufficient quantity of boiling water into your tub, with a small quantity of the solution of soap, so that you will reduce it to a very thin lather. Put three tea-spoonfuls of liquid blue into the tub whence your goods were taken, and the acid of the liquid blue, and the alkali of the pearlash, and the soap lye, will cause a slight fermentation or effervescence: stir this thin, blue liquor, with a stick, and put in your counterpane; beat it out with the doll about five minutes, which will color the counterpane of a fine azure blue, of the lightest shade; but as it dries in the wind, the blue mostly goes off, and leaves a brilliant white.

*On Colors.*—The five chief colors are blue, red, yellow, black, and brown; each of these, separately, will afford an infinite number of colors, or rather

shades, and by the combination of two or more of them, all the colors in dyeing are formed.

*On the Mixture of the Five Chief Colors, taken by three and three, to produce the various Compound Colors.*—From blue, red, and yellow, the red olives and greenish grays are made; from blue, red, and brown, olives are made from the lightest to the darkest shades; and by giving a greater shade of red the slated and lavender greys are made. From blue, red, and black, greys of all shades are made, such as sage, pigeon, slate, and lead greys. The king's or prince's color is duller than usual. This mixture produces a variety of hues or colors almost to infinity. From yellow, blue, and brown, are made the goose dung, and olives of all kinds. From brown, blue, and black, are produced the brown olives, and their shades. From the red, yellow, and brown, are derived the orange, the gold color, feuille mort, or faded leaf, dead carnations, cinnamon, fawn, and tobacco, by using three, or two of the colors, as required. From yellow, red, and black, browns of every shade are made. From blue and yellow, greens of all shades. From red and blue, purples of all kinds are formed.

*The Names of the Principal Dyeing Drugs.*—

From this an accurate idea may be formed as to the expense of dyeing each garment, which will not exceed one eighth of the charge made by a dyer. Thus it will be seen that eight garments may be dyed and re-dyed at the expense charged by the trade for a single one. The names of the principal dyeing materials are alum, argol, or tartar, green copperas, verdigris, blue vitriol, rock alum, quercitron, and oak-bark, lenugreek, logwood, old and young fustic, Brazil wood, braziletto, camwood, barwood, and other red woods, peachwood, sumach, galls, weld, madder of three or four sorts, safflower, savory, green wood, annatto, turmeric, archil, cudbear, cochineal, lac dye, and Indigo.

*The Cause why some Colors are more Holding than others.*—Browns and blues, or shades from them,

require no preparation; but reds and yellows, either of silk, cotton, or woollen, require a preparation to make them receive the dye, and hold it fast when it has received it. Alum and tartar, boiled together, when cold, form a mastic, within the pores of the substance, that serves to retain the dye, and reflect the color in a manner transparently.

*Lime Water.*—Lime water, in dyeing browns or blacks, especially browns, is found to be a good corrective, as also an alterative, when the goods are not come to the shade required; but practice alone can show its utility: it answers for either woolens, silks, or cottons.

*Of Blue.*—Blue is also reckoned a fast color, when dyed either by indigo or wood, in a prepared vat; this vat containing the necessary properties to seize and cement the coloring atoms. The blue, with oil of vitriol alone, never can be ranked among the fast dyes; but blues obtained from logwood may be made sufficiently holding to be adopted almost for general use; though in the method now practised, and simply boiling the logwood with blue vitriol, the color is easily acted upon by wind, rain, and sun. Goods for blue require no other preparation but dipping them in warm water previous to their being dipped in a vat.

*Of Black.*—Blacks require no preparation; but it is necessary to body them; that is, to fill up the pores of the wood, silk, or any other substance; on being put into hot water, it is dilated, and the astringent qualities of the dyeing materials adhere to it, and fill up the little cavities in its pores. The articles that are generally used for this purpose are galls, sandal, sumach, fustic, alder-bark, oak-sawdust, &c. When the cloth, or other thing, is filled with these substances, it is then in a prepared state to take the staining or dye-liquor, which is generally logwood and green copperas, with alder-bark, or sumach, and sometimes blue vitriol.

*To Make Chemic Blue and Green.*—Chemic for light blues and greens, on silk, cotton, or woolen, and for cleaning and whitening cottons, is made by the following process :

Take one pound of the best oil of vitriol, which pour upon one ounce of the best Spanish flora indigo, well pounded and sifted ; add to this, after it has been well stirred, a small lump of common pearlash as big as a pea, or from that to the size of two peas ; this will immediately raise a great fermentation, and cause the indigo to dissolve in minuter and finer particles than otherwise. As soon as this fermentation ceases, put it into a bottle, tightly corked, and it may be used the next day. Observe, if more than the quantity prescribed of pearlash should be used, it will deaden and sully the color.

Chemic for green, as above for blue, is made by only adding one fourth more of the oil of vitriol.

If the chemic is to be used for woolen, East India indigo will answer the purpose even better than Spanish indigo, and at a less price ; but the oil of vitriol is good for both.

*To Make Muriatic or Bleaching Acid.*—Take of sea-salt, eight parts ; of sulphuric acid, (oil of vitriol,) five parts ; black oxide of manganese, three parts ; water four parts.

*On Dyeing Silks in the Small or False Dye.*—Without enumerating the whole, I shall now describe those colors that are most easily made, and most worn in spencers, shawls, pelisses, scarfs, bonnets, gowns, &c., beginning with light blue.

*Directions for Re-dyeing or Changing the Colors of Garments, &c., already Dyed.*—Every color in nature will dye black, whether blue, yellow, red, or brown, and black will always dye black again. All colors will take the same color again which they already possess ; and blues can be made green or black ; green

may be made brown, and brown green, and every color will take a darker than it at first has.

*For Discharging Colors.*—The dyers generally put all colored silks which are to be discharged, into a copper in which half a pound of white soap has been dissolved. They are then to be boiled off. The copper beginning to be full of color, the silks are taken out and rinsed in warm water. In the interim, a fresh solution of soap is to be added to the copper, and then proceed as before, till all the color is discharged.

*Light Blue Silk.*—Your silk being boiled off in white soap and water, and made quite white, must be rinsed in lukewarm water. Then take a vessel of a sufficient size to wash your goods in; as, for instance, for a small article, a wash hand-basin. Pour into this a quantity of cold water, sufficient to cover your goods to the depth of two or three inches. Then drop, from your chemic blue bottle, one or two drops; if the shade is to be azure blue, or pale blue, these will be sufficient; but if for a darker shade, more must be used. Put in your goods, and handle them from five minutes to half an hour, according to the shade required, lift up, now and then, with your hand, some of the dye, and letting it fall again, look through it as it falls, to see if the blue is expended; and then, according to the color of the dye-water, will be that of your silk.

*Green Silks.*—Greens of all shades are procured from yellow and blue. Supposing the garment to be a lady's silk spencer, and intended to be dyed a full grass green, inclining to laurel, put it in a small pan; pour a tea-kettle full of boiling water on it; then stir it, and afterwards cover it with a cloth for a minute or two: strain it off; then put in your spencer, and let it remain half an hour; take it out, and rinse it in its own liquor from the bits of ebony wood which may be sticking to it. Have ready at hand a small pan of cold spring-water, and pour into this a table-spoonful



or more of chemie blue, according to the depth of color required; rinse it in spring water, and dry in a warm room.

*A very Pretty Hair Brown.*—If the article to be dyed is a silk pelisse, fill your copper full of river water; when it boils, put in a quarter of a pound of chipped fustic, two ounces of madder, one ounce of sumach, and half an ounce of camwood; but if not required to be so red, the camwood may be omitted. These should boil, at least, half an hour; but they may boil for two hours, that the ingredients may be well incorporated—and which should always be the case for browns, and all colors where two or three are mixed together. The copper must then be cooled down by pouring in cold water: the goods may then be put in, and simmered gently from half an hour to an hour. If this color should appear to want darkening, or saddening, it may be done by taking out your goods, and adding a small quantity of old black liquor; or, for want of black liquor, a small piece of green copperas may be used; rinse in two or three waters, and hang up to dry.

N. B. If the water boil too fast after the goods are put in, it may be apt to injure the silk; it is, therefore, preferable to keep it only on the simmer.

*For Slate-colored Silks.*—Innumerable gradations of shades of gray may be made, by varying the quantities of ingredients in the preceding recipe.

*For a Stone-colored Silk.*—Bruise one or two blue galls, and boil them for five minutes; then cool your copper down by adding cold water; enter your silk, and simmer it twenty minutes; then take it out, and rinse it in cold water. In the interim, boil a fresh copper of water, and add to it, by degrees, a small quantity of solution of copperas. This will produce a gray; then add a sufficient quantity of purple archil. Sometimes, when the stone color is required of a red sandy cast, red archil is used. Simmer your silk in

this a few minutes, then take it out and cool it in the air; rinse it in one or two cold waters; dry in the air, and frame it or pin it out. For stiffening the silk, you may use isinglass dissolved in hot water; and, with a sponge dipped in this, the silk must be rubbed on the wrong side, and dried by the fire.

*For Dyeing Silks, Red of all shades, Crimsons &c., of a Permanent Color.*—For a scarlet silk shawl; first, dissolve two ounces of white soap in boiling water; handle your shawl through this liquor, now and then rubbing such places with your hands as may appear dirty, till it is as clean as this water will make it. A second, or even a third liquor, may be used, if required; the shawl must be rinsed out in warm water.

Then take half an ounce of the best Spanish annatto, and dissolve it in hot water; pour this solution into a pan of warm water, and handle your shawl through this for a quarter of an hour; take it out and rinse it in clean water. In the meanwhile dissolve a piece of alum as big as a horse-bean, in warm water, and let your shawl remain in this half an hour; take it out, and rinse in clear water. In the interim, boil a quarter of an ounce of the best cochineal for twenty minutes; then dip it out of your copper into a pan, let your shawl remain in this from twenty minutes to half an hour, which will make it a full blood red. Then take out your shawl, and add to your liquor in the pan a quart more of that out of your copper, if you have as much remaining, and about half a small wine-glassful of the solution of tin, or more, if you require your color to be of the scarlet. But observe, that too much solution impoverishes the color; when cold, rinse it slightly out in spring water.

*The French Way of Dyeing Yellow Silk.*—First, alum your silks, half an hour, in cold alum liquor; then wash them. Pass them through a pan of weld liquor, at a hand heat. If they are to be of a lemon yellow, dissolve a trifling quantity of blue vitriol in your pan, to the color required. If orange color is wanting, first

dye the silk buff, with annatto or turmeric, but annatto is the best; then let it be washed in cold water, and alumed afterwards for twelve hours; run through the weld liquor to the color required.

*To Make Fawn-color Drabs.*—Boil one ounce of fustic, half an ounce of alder-bark, and two drachms of archil. Or I frequently make use of old madder liquor, that has been used for dyeing reds, when nothing but the brown dregs of the madder remain, the red having been all extracted; but if madder be boiled an hour or two, strongly, it has the same effect. From one to four drams of the best crop madder must be added to a very small quantity of old black liquor, if at hand, supposing you require it to be darker. If you have no black liquor, a small piece of green copperas will answer the same purpose.

*Brown, inclining to a Brick Color, for a Silk Pelisse, &c.*—Take of dyer's galls, two ounces; camwood, three ounces; fustic, one ounce; madder, that has been boiled for two hours, from one to three ounces, as required.

*Brown, inclining to a Mulberry, for a Silk Pelisse.*—Proceed in boiling the dyeing materials as directed above, observing to cool the liquor before you put in the goods, as well as to wet out the silks previously to their being put into the dye.

Take two ounces of sumach, or, instead of it one ounce of galls, one ounce of logwood, two or three ounces of camwood, or madder.

If these should not be sufficiently on the mulberry, add as much purple archil as may be required.

*To make Half Violet or Lilac.*—For every pound of silk take one pound and a half of archil, mix it well with the liquor; make it boil a quarter of an hour, dip the silk quickly, then let it cool, and wash it in river water, and you will have a fine half violet, or lilac, more or less full.

*To Dye a Shawl Crimson.*—Take about a table-spoonful of cudbear; put it into a small pan, pour boiling water upon it, stir and let it stand a few minutes, then put in your silk, and turn it over a short time, and when the color is full enough, take it out; but if it should require more violet or crimson, add a spoonful or two of purple archil to some warm water, and dry it within doors. To finish it, it must be mangled or calendered, and may be pressed, if such a convenience is at hand.

\* *To Make Flesh-colors.*—Flesh-colors are done with cochineal. In preparing your silk, wet it first in warm water; then in warm water again, in which a small quantity of alum-water, and a smaller of tartar, have been dissolved. Both these together must hardly make the water taste. Then, if you have been dyeing common red with cochineal, dip a small quantity of this old dye into your pan; but if too strong, add hot water; then put in your goods, and handle them to color. If you want them deeper, strengthen your liquor and your dye.

*For a Common Shawl.*—For a common-sized silk shawl, boil for half an hour, from one to two ounces of weld; take this dye-liquor, and put it in a pan, to which add a quarter of an ounce of alum; when dissolved, put in the shawl for half an hour; draw it out, and rinse it in cold water; in the meantime, dissolve a quarter of an ounce of annatto, with an ounce of pearlash, in a tea-cup of water; add this solution to a small pan of warm water; put in the shawl, and keep handling it for half an hour, at least; then take it out and pass it through lime-water, then back again through the annatto, and again through the lime-water; lastly rinse it in cold water, which finishes it. Dry in a warm room, and send it to a calenderer's.

This color will wash well, if a small quantity of pearlash be used with the soap-liquor, and it be at last rinsed in pearlash and water.

*For Dyeing Straw and Chip Bonnets.*—Chip hats being composed of the shavings of wood, are stained black in various ways. First, by being boiled in strong logwood-liquor, three or four hours; they must be often taken out to cool in the air, and now and then a small quantity of green copperas must be added to the liquor, and this continued for several hours. The sauce-pan or kettle that they are dyed in, may remain with the bonnets in it all night; the next morning, they must be taken out and dried in the air, and brushed with a soft brush. Lastly, a sponge is dipped in oil, and squeezed almost to dryness; with this the bonnets are rubbed all over, both inside and out, and then sent to the blockers to be blocked.

Others boil them in logwood; and, instead of green copperas, use steel filings, steeped in vinegar; after which they are finished as above.

*For Dyeing Silk Stockings Black.*—These are dyed like other silks, excepting that they must be steeped a day or two in bark-liquor, before they are put into the black silk dye. At first they will be an iron-grey; but to finish and black them, they must be put on wooden legs, lain on a table, and rubbed with your oily rubber, or flannel, upon which is oil of olives; and then, the more they are rubbed the better. Each pair of stockings will require half a table-spoonful of oil at least, and half an hour's rubbing, to finish them well. Sweet oil is the best in this process, as it leaves no disagreeable smell.

*On Dyeing Blacks and Browns.*—It is immaterial how great the quantity of dyeing materials are, which is used in dyeing either black or brown, so that it is according to proportion. For blacks, I would always advise a good body for finishing.

*For Dyeing and Cleaning Feathers.*—Feathers, to be dyed, must first be cleaned, by passing them through or between the hands, in warm soap and water, and by giving them fresh liquors of soap and

water, and at last rinsing them in warm water. Previously to their being dyed, it is necessary that they should be soaked in warm water for several hours. The same degree of heat should be kept up, but the water must be but little more than blood warm. If for yellows or reds, they must be alumed in cold alum-liquor for a day or two, according to the body of color you require the feathers to imbibe; then immerse them in your dye-liquor.

The only difficulty in dyeing feathers is in compounding the dyeing materials, and making a homogeneous liquor of them, so as to produce the desired shade, after being saddened or made of a dark color by means of green copperas, which is generally used to darken brown grays, blacks, slate-colors, &c. Sumach and fustic, or sumach alone, is the general ground of browns; the red, as I have before observed, is obtained by archil; and the black hue by green copperas, in warm water; after the feather has been put into the copperas-water, it may be returned again into the dye-water, and back again into the copperas; but care should be taken, each time, that the feather is rinsed from the copperas-water before it is again returned into the dye-liquor, otherwise copperas would spoil it.

The same preparation as would dye silk of the same color will dye feathers; in short, feathers as well as silk, being animal substances, are more alike in nature than any other two bodies, either animal or vegetable. You must remember that, in dyeing silks, the water is used hot, or on the simmer, for most colors; but feathers must always be dyed in cold liquors, except for black, the dyeing materials being first boiled, and then left to cool; your feathers must then be put in, and when this liquor is exhausted, add a fresh one, pouring off the old liquor.

*How to take the Stain of the Dye from the Hands.*

—Take a small quantity of the oil of vitriol, and pour it into some cold water, in a wash-hand basin, and wash your hands in it, without soap; the dye will then

come off. You may afterwards cleanse them completely in hot soap and water, taking care that all the acid is washed away before the soap is applied.

*For Cleaning Copper or Brass Utensils used for Dyeing.*—After you have been dyeing any color in your copper or brass boiler, it is frequently tinged with the dye used; it is, therefore, customary to clean these utensils out with a small quantity of oil of vitriol and water, a little fine sand, or ashes, and a coarse flannel cloth; it must afterwards be rubbed quite dry.

*For Bleaching Cottons.*—Cottons are bleached and made white by running them through muriatic acid and water; the dyeing of them is somewhat similar to silk. It would be impossible to give recipes for every shade, as this would fill a large volume; but the reader is reminded, that from the chief colors already described, every hue and shade may be produced. The recipes which follow, are for the colors most commonly wanted.

*For Slate-colored Cotton.*—First wash your cotton clean in soap and water, and rinse in warm water; then put a half pound of sumach in a sieve, and pour boiling water over it, and let it drain into a pan; put in your article, and let it steep for two hours, now and then handling it, that it may take the color evenly; then take it out, and immerse it for five minutes in a pan of warm water, in which a quarter or half an ounce of green copperas has been dissolved. It will then be a lead gary, more or less full. But, to turn it on the blue slate, draw the article from that liquor, and run it through a decoction of weak logwood liquor, made by boiling an ounce of logwood chips in a quart of water, with a small bit of pearlash, and throwing it into a pan of warm water; handle the gown in this till it comes to the shade required; wash and dry it in the air.

To make the above a lavender shade, put a small quantity of Brazil-wood in with the logwood.

*For an Olive Green.*—Let the article be first washed in soap and water, then wetted out in warm water; then boil two ounces of chipped logwood, and three ounces of chipped fustic, together for half an hour; dip out your dye-liquor, and put it into a pan with hot water; put in your goods; dissolve two drams of verdigris in a tea-cupful of warm water, which put into a pan of cold water; take the article from the dye, and run it through the verdigris-water, well handling it for ten minutes; take it out, and wash it in clean water, then through the dye liquor, and again in the verdigris-water, and so continue this process till you obtain the color required, only taking care to wash it out of the verdigris-water before you put it into dye-liquor; dry it in the shade.

*For a Full Yellow.*—Wash your goods well in soap and water, and rinse in warm water; then dissolve from a quarter to half an ounce of alum in a pan of boiling water; when at a hand heat, put in your goods, and let them remain for two hours, handling them now and then; boil a sufficient quantity of weld, and dip the liquor out in a pan; take your goods from the alum-water, and put them into the dye, and handle them well for one hour, or till they come to the shade required; wash and dry in the air.

*To Finish Cotton and Silk Velvets.*—This is done by brushing them almost dry, near a fire; and, if pinned out on a table, (for want of a frame,) rub them with a hard brush to and from you, till the nap or plush is raised upright, and every hair appears to stand in its place. Velvets are seldom stiffened; when they are, a small portion of gum or isinglass must be dissolved in water, and lightly rubbed on the wrong side of the velvets, with a sponge wrung almost dry.

*To Dye a Pelisse Black.*—Fill your copper with soft water to the brim, and when it begins to boil, add four ounces of logwood, three ounces of sumach, three ounces of alder-bark.



When these ingredients have boiled half an hour, put in your pelisse, always recollecting to handle it over every ten minutes, which is done with a short stick; when you have done handling it, keep it under the water, and boil it this first time an hour; then take out your pelisse, and hang it across your horse or stick, to cool. In the interim, take a bowl of your boiling liquor out, and put therein six ounces of green copperas, to dissolve; when dissolved, put almost two thirds of it into your copper, and mix it well with the liquor; then check your copper, by throwing in as much water as may have evaporated, (or old black liquor, if at hand;) put in your pelisse again, handling as before, with a stick, &c., at a boiling heat, during an hour; then it is to be taken out again, and cooled in all parts alike. In the interim, add the remainder of your dissolved copperas; check your copper again with cold water or old liquor, and put in your pelisse again, and boil as before, for two hours; then cool it again. While the cooling is carrying on, put into your copper two or three ounces of logwood, two or three ounces of bark, an ounce of green copperas, nearly two ounces of pearlash, and about half an ounce of pounded argol. These ingredients must be made to boil one hour; when the copper must be checked as before, and the pelisse put in, and made to boil one hour, keeping it handled as before. Instead of the pearlash, in this process, chamber-lye may be substituted. If the cloth should not be sufficiently bodied, or should seem not to be black enough, you may add a little more bark, and a little more logwood and copperas; then put it in cloth, put it again into the copper, and there let it remain till next day; but if you are in a hurry, there will be no occasion for this. Lastly, rinse your pelisse, &c., in three or four cold waters. If this process be regularly followed, it will produce a most beautiful black.

*To Dye Woolen Stuffs Black.*—The process of dyeing black is one of the most tedious, on account of the time it takes, which is at least ten hours.

*A Pretty Red Brown, remarkably Bright ; and the Cost of the Dye not more than Sixpence.*—For a middling-sized woman's pelisse ; when your copper boils, put in the following dyeing materials. Half a pound of ground camwood, two ounces of sumach, (ground,) one ounce of logwood chips, one ounce of alder-bark, two ounces of chipped fustic.

N. B. A larger quantity of ingredients may be used, but they must be in the same proportion as mentioned in this recipe.

When these ingredients have boiled half an hour, cool your copper by throwing in a pint of cold water ; put in your goods, and boil from one hour to an hour and a half ; take them out, and add from half an ounce to one of green copperas, a tea-spoonful of powdered argol, take out your goods, and rinse them in one or two clean waters, and hang in the air to dry ; send them to the press to be finished.

*For Dyeing Black Cloth Dark Green.*—Clean your coat well with bullock's gall and water, and rinse in warm water ; then make a copper full of river water boiling hot, and take from one pound to one pound and a half of fustic ; put it in, and boil it twenty minutes, to which add a lump of alum as big as a walnut ; when this is dissolved in your copper, put in your coat, and boil it twenty minutes ; then take it out, and add a small wine-glass, three parts full, of chemic blue, and boil again from half an hour to an hour, and the cloth will be a beautiful dark green ; then wash out and dry

*Directions for Washing Calicoes.*—Calico clothes before they are put in water, should have the grease-spots rubbed out, as they cannot be seen when the whole of the garment is wet. They should never be washed in very hot soap-suds ; that which is mildly warm will cleanse them quite as well, and will not extract the color so much. Soft soap should never be used for calicoes, excepting for the various shades of yellow, which look the best washed with soft soap, and not rinsed in fair water. Other colors should be rinsed

in fair water, and dried in the shade. When calicoes incline to fade, the colors can be set by washing them in lukewarm water, with beef's gall, in the proportion of a tea-cupful to four or five gallons of water. Rinse them in fair water; no soap is necessary, without the clothes are very dirty. If so, wash them in lukewarm suds, after they have been first rubbed out in beef's gall water. The beef's gall can be kept several months, by squeezing it out of the skin in which it is enclosed, adding salt to it, and bottled and corked tight. The water that potatoes have been boiled in is an excellent thing to wash black calicoes in. When there are many black garments to wash in a family, it is a good plan to save, during the week, all the water in which potatoes are boiled. The following method is said to set the colors of calicoes so that they will not fade by subsequent washing: Infuse three gills of salt in four quarts of boiling water; put in the calicoes, (which should be perfectly clean; if not so, the dirt will be set.) Let the calicoes remain in till the water is cold. I have never seen this tried, but I think it not improbable that it may be an excellent way to set the colors, as rinsing calicoes in cold salt and water serves to set the colors, particularly of black, blue, and green colors. A little vinegar in the rinsing water of pink, red, and green calicoes, is good to brighten the colors, and keep them from mixing. All kinds of calicoes but black look better for starching; but black calicoes will not look clear, if starched. On this account, potato water is an excellent thing to wash them, if boiled down to a thick consistence, as it stiffens them without showing.

*Directions for Cleaning Silk Goods.*—When silk cushions, or silk coverings to furniture, become dingy, rub dry bran on them gently, with a woollen cloth, till clean. Silk garments should have the spots extracted before being washed; use hard soap for all colors but yellow, for which soft soap is the best. Put the soap into hot water, beat it till it is perfectly dissolved, then

add sufficient cold water to make it just lukewarm. Put in the silks, and rub them in it till clean; take them out without wringing, and rinse them in fair lukewarm water. Rinse it in another water, and for bright yellows, crimsons, and maroons, add sulphuric acid enough to the water to give it an acid taste, before rinsing the garment in it. To restore the colors of the different shades of pink, put in the second rinsing water a little vinegar, or lemon-juice. For scarlet, use a solution of tin; for blues, purples, and their shades, use pearlash; and for olive-greens, dissolve verdigris in the rinsing water: fawn and browns should be rinsed in pure water. Dip the silk up and down in the rinsing water; take them out of it without wringing, and dry them in the shade. Fold them up while damp; let them remain to have the dampness strike through all parts of them alike, then put them in a mangle; if you have not one, iron them on the wrong side, with an iron only just hot enough to smooth them. A little isinglass, or gum arabic, dissolved in the rinsing water of gauze shawls and ribbons, is good to stiffen them. The water in which pared potatoes have been boiled is an excellent thing to wash black silks in; it stiffens, and makes them glossy and black. Beef's gall and lukewarm water is also a nice thing to restore rusty silk, and soap-suds answers very well. They look better not to be rinsed in clear water, but they should be washed in two different waters.

*Directions for Washing White Cotton Cloths.*—Table-cloths, or any white cloths that have coffee or fruit stains on them, before being put into soap-suds, should have boiling water turned on them, and remain in it till the water is cold; the spots in it should then be rubbed out. If they are put into soap-suds with the stains in, they will be set by it, so that no subsequent washing will remove them. Table-cloths will be less likely to get stained up, if they are always rinsed in thin starch water, as it tends to keep coffee and fruit from sinking into the texture of the cloth. White

clothes that are very dirty will come clean easily if put into strong, cool suds, and hung on the fire the night previous to the day in which they are to be washed. If they get to boiling, it will not do them any harm, provided the suds is cool when they are put in; if it is hot at first, it will set the dirt in. The following method of washing clothes is a saving of a great deal of labor: Soak the clothes in lukewarm soap-suds; if they are quite dirty, soak them over night. To every three pails of water put a pint of soft soap, and a table-spoonful of the salts of soda. Heat it till mildly warm; then put in the clothes, without any rubbing, and boil them an hour. Drain the suds out of them as much as possible, as it is bad for the hands; then add water till cool enough for the hands. The dirt will be loose, so that they will require but a little rubbing. Rinse them thoroughly in clear water, then in indigo water. The soda can be procured cheap, by purchasing it in large quantities; soda is an excellent thing to soften hard water. The soda suds will not do to wash calicoes in. It is a good plan to save your suds, after washing, to enter your garden, if you have one, or to harden cellars and yards, when sandy.

*Directions for Washing Woolens.*—If you do not wish to have white flannels shrink when washed, make a good suds of hard soap, and wash the flannels in it, without rubbing any soap on them; rub them out in another suds, then wring them out of it, and put them in a clean tub, and turn on sufficient boiling water to cover them, and let them remain till the water is cold. A little indigo in the boiling water makes the flannels look nicer. If you wish to have your white flannels shrink, so as to have them thick, wash them in soft soap-suds, and rinse them in cold water. Colored woolens, that incline to fade, should be washed with beef's gall and warm water before they are put into soap-suds. Colored pantaloons look very well washed with beef's gall and fair warm water, and pressed on the wrong side while damp.

*To Clean Woolen and Silk Shawls.*—Pare and grate raw, mealy potatoes, and put to each pint of the potato pulp a couple of quarts of cold water. Let it stand five hours; then strain the water through a sieve, and rub as much of the potato pulp through as possible; let the strained water stand to settle again; when very clear, turn the water off from the dregs carefully. Put a clean white cotton sheet on a perfectly clean table; lay on the shawl which you wish to clean, and pin it down tight. Dip a sponge, that has never been used, into the potato water, and rub the shawl with it till clean; then rinse the shawl in clear water, with a tea-cup of salt to a pailful of water. Spread it on a clean, level place, where it will dry quick; if hung up to dry, the colors are apt to run, and make the shawl streaked. Fold it up while damp, and let it remain half an hour; then put it in a mangle; if you have not one, wrap it in a clean white cloth, and put under a weight, and let it remain till dry. If there are any grease, spots on the shawl, they should be extracted before the shawl is washed.

*Directions for Carpets.*—Carpets, if in constant use, should be thoroughly shaken three or four times in a year; and they should be taken up as often as once a year, even if not much used, as there is danger of moths getting into them. If there is any appearance of moths in carpets when they are taken up, sprinkle tobacco or black pepper on the floor before the carpets are put down, and let it remain after they are laid down. When the dust is well shaken out of carpets, if there are any grease-spots on them, grate on potter's clay very thick, cover them with a brown paper, and set on a warm iron. It will be necessary to repeat this process several times, to get out all the grease. If the carpets are so much soiled as to require cleaning all over, after the dirt has been shaken out, spread them on a clean floor, and rub on them, with a new broom, pared and grated raw potatoes. Let the carpets remain till dry, before walking on them.

## PART III.

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### MODERATOR'S GUIDE;

OR, PARLIAMENTARY

### RULES FOR CONDUCTING PUBLIC MEETINGS.

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#### **Election of Moderator, or Chairman**

1. Select a man who is highly respected.
  2. He should be a man of rare and commanding personal appearance.
  3. He should have a peculiar fitness for the office. This includes standing in society, intelligence, business tact, self-possession, &c.
  4. The chairman should be chosen, in small meetings, by nomination; and each person named, the motion being seconded, should be voted for until a choice is made.
  5. The chairman chosen should always be properly conducted to the chair, and he may be introduced to the meeting in a brief speech.
  6. On taking the chair, a few words of remark on the part of the chairman is in order, and generally expected.
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#### **Power and Duties of the Chairman.**

7. In a public meeting, the chairman should be elevated above the assembly.
8. It is improper for a chairman to hold conversation with any person while the floor is occupied by a speaker.

9. No person should accept the office of chairman, unless he is prepared to resign all thoughts of promoting any private views of his own.

10. When a motion is presented to the meeting, it should be read by the chairman, and objections called for; there being none, the motion should be put to the meeting, and decided by a majority of votes.

11. Persons wishing to advocate the motion, should be allowed to do so.

12. If there be an objection, it must take one of the following shapes: it must be an *amendment*, or *negative*, or to *postpone*, or for the *previous question*, or to *adjourn the meeting*.

13. The right of reply, as it is termed, exists in the mover of an original proposition; but belongs not to the mover of an amendment.

14. The rule of speaking is one speech for each person, on each motion.

15. If a vote be doubted, it will be the duty of the chairman to "divide the *house*," and decide the question by count.

16. If there be amendments to an original motion, the amendments must be acted upon first.

17. At an adjourned meeting, the chairman should cause the minutes of the last meeting to be read.

18. If it is desirable to get rid of a chairman, it may be done, 1st, by refusing to do any business; or 2nd, by an adjournment of the meeting, *sine die*.

19. No speaker should be interrupted while speaking, unless called to a point of order by the chairman.

20. When a point of order is raised, the person speaking should cease, and await the decision of the chairman.

21. When several persons rise to speak at the same time, the preference should be given to the one whose eye was first caught by the chairman.



## PART IV.

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### IMPORTANT INSTRUCTIONS TO YOUNG LADIES.

IN RESPECT TO

### DRESS, CLEANLINESS, &c.

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#### **The Color and Style of Bonnets, Dresses, &c., best suited to various Complexions.**

EVERY lady should study and determine what dress and hat best become her form and complexion. In America there is not the distinction made in the style of dress it is necessary there should be, between a tall and a short, or a slender and a thick person, or a dark or light complexion; but all must dress in the latest fashion, however unbecoming it may be.

1. *The Dress.*—Suit the dress to the complexion, the same as the hat. A short figure should not wear so full a skirt as a tall one. Every species of drapery is graceful to a tall figure, and may be worn to advantage. Tight sleeves without trimming are becoming to full forms, the medium height, or below it. To a tall, slender figure, with long arms, they are very ungraceful, unless trimmed with folds or drapery.

2. *Evening Dresses.*—Evening dresses of transparent materials look well when made high in the neck; but upon very young girls it is more graceful to cut the dresses low, leaving part of the shoulders exposed. A dress should always be made loose over

the chest and tight over the shoulder blades. Long sashes fastened in front are more becoming than belts, unless there is much trimming upon the dress. Cuffs or narrow lace at the wrist finish the dress, and give the hands a small appearance. The effect of a well-made tournure (or bustle) is to make the waist look round and delicate. An extremely small and waspish-looking waist can never be considered handsome. It is exceedingly hurtful to those who attain it by tight-lacing, and doubly ungraceful, since it prevents all graceful movements.

3. *The Hat*.—A delicate, pale complexion should wear a pink lining, but where there is color with it, blue or straw color should be worn. A brunette or dark complexion should wear white lining, with a delicate rose trimming; never black unless unavoidable. A large person, with prominent features should never wear a small hat. The reverse with small persons. An extremely red or yellow complexion should not wear high colors. Yellow, lilac, and red, are the most trying colors to the complexion. A close cottage is generally becoming, and never considered unfashionable.

4. *High-neck Dresses*.—High-neck dresses are simple and generally becoming; upon a very high-shouldered person a low-necked dress is more appropriate, and if the shoulders are only moderately high, the neck may still be covered and the dress finished off about the throat with a narrow piece of lace, instead of a collar. Dresses with loose backs are only becoming upon very fine and slender figures.

5. *Flounces*.—Flounces are graceful upon tall persons, whether slender or otherwise, but never upon diminutive ones.

6. *Tucks*.—Tucks are equally graceful upon both, and never look out of fashion. A couple of wide tucks, which give the appearance of two skirts, are very beautiful for an evening dress, made of delicate materials.

Any species of trimming down the front or sides of the skirt, increases the apparent height. Capes are only becoming to persons with falling shoulders, unless made to fit the form.

7. *Short Cloaks*.—Short cloaks are very unbecoming to short and clumsily built persons, but to a tall figure the reverse.

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### How to Dress the Hair.

1. *Dressing the Hair*.—Light hair is generally most becoming when curled. For an oval face, long and thick ringlets are suitable; but if the face is thin and sharp, the ringlets should be light, and not too long. Open braids are very beautiful when made of dark hair. A simple and graceful mode of arranging the hair, is to fold the front locks behind the ears, permitting the ends to fall in a couple of ringlets on either side behind. Great care should be taken to part the hair directly in the centre of the forehead. Persons with very long, narrow heads may wear the hair knotted very low at the back of the neck. If the head is long, but not very narrow, the back hair may be drawn to one side, braided in a thick braid, and wound around the head. When the head is round, the hair should be formed in a braid in the middle of the back of the head. If the braid is made to resemble a basket, and a few curls permitted to fall from within it, the shape of the head is much improved.

2. *Caps*.—Caps are becoming to most ladies, but they should be trimmed with as few bows and as little lace as possible. Upon a long head they look well with a narrow border of lace, tying close to the face and forehead.

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### The Mouth.

1. *Purity of Breath*.—Purity of breath is an advantage that cannot be too highly prized, as the want of it is the most unfortunate circumstance that can befall

beauty, and is alone sufficient to annihilate in an instant the most perfect and otherwise inviting charms.

2. A fetid breath may be the consequence of various causes. When it proceeds from a diseased state of the lungs, riding on horseback, fresh air, and the use of gargles of myrrh, or of the infusion of oak bark, with proper attention to the state of the bowels, may palliate the affection, and ultimately remove it, if not too deeply seated.

3. If it arise from causes which derange the digestive organs, the causes must be removed by proper medicines before the effect can cease; but cleanliness, and attention to the state of the mouth and teeth, morning and night, will assist to remove the inconvenience. The celebrated *Peruvian Tooth Powder* is decidedly the best dentifrice, and greatest corrector of a bad breath ever yet offered to the public.

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### **Important Hints to Young Men.—Style and Dress of Gentlemen.**

1. The importance of dressing properly can scarcely be overrated. It not only influences the opinions of others in regard to us, but governs our own self-respect. A shabbily dressed man is likely to feel shabbily, and to commit shabby actions. A man with his coat out at the elbows, a shocking bad hat, and boots run down at the heels, will do things of which, in his dressed moments, he would be heartily ashamed.

2. A dandy farmer, an over-dressed mechanic, and a finical tradesman, are ridiculous; but there is no reason why people of all employments should not wear clean linen and dress with perfect neatness.

3. A plain, simple style, is most proper for people of every class—the richest as well as the poorest. Flashy dresses, fancy colors, and excess of ornament, are the distinguishing marks of blacklegs and prostitutes.

Full dress, for gentlemen, admits of but two colors,

black and white. Undress allows of greys, browns, olives, indigos, and other quiet colors.

"Neat but not gaudy," is the best possible maxim for both sexes and all conditions, though the ladies are allowed a greater variety, and a more fanciful display.

Perhaps the best way is to have a sensible tailor, and leave the whole matter to his discretion; that is, if you can rely upon his disinterestedness.

The best rule for both sexes, is to dress so that no one can remember what you wore, or anything about it, except the generally pleasing effect.

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### Choice of a Wife.

1. YOUNG gentlemen, a word of advice to you in the choice of a wife. Don't allow yourself to be deceived and fascinated by a gay, dashing young lady, fond of company, extravagant, vain, artistical and showy in dress. It is not a doll or a coquette you want for a partner. Choose rather one of those retiring, modest, sensible, neat young ladies, who has learned to deny herself, and possess a decided mind, and has acquainted herself with the domestic affairs of a family.

2. *How to Treat a Wife.*—You may have great trials and perplexities in your business with the world; but do not, therefore, carry to your home a clouded or contracted brow. Your wife may have had trials, which, though of less magnitude, may have been as hard to bear. A kind, consoling, and tender look, will do wonders in chasing from her brow all clouds of gloom.

3. Notice kindly her little attentions and efforts to promote your comfort. *Do not take them all as a matter of course*, and pass them by; at the same time being very sure to notice any *omission* of what you may consider her duty to you. Do not treat her with indifference, if you would not sear and palsy her heart,

which, watered by kindness, would, to the latest day of your existence, throb with sincere and constant affection.

4. *Sometimes* yield your wishes to hers. She has preferences as strong as you, and perhaps just as trying to her to yield her choice as to you. Do you find it hard to yield it *sometimes*? Think you it is not hard for her to give up *always*?

5. Again, show yourself manly, so that your wife can look up to you, and feel that you will act nobly, and that she can confide in your judgment.

6. Read the Bible as your guide in all things. Read it often by yourself and in your family. Obey its precepts, and endeavor to influence your wife to do the same. Such a course will be the best foundation for happiness in this life and in the future world. The happiest families are those whose members are truly pious, and who, morning and evening, gather around the family altar and offer up their grateful offerings to Him who bestows upon them every blessing, spiritual and temporal, which they enjoy.

## PART V.

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### NEEDLE-WORK FOR YOUNG LADIES,

EMBRACING INSTRUCTIONS IN

### EMBROIDERY ON MUSLIN, SILK, VELVET, &c.

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#### **Embroidery with Floss, Three-corded, or Saddler's Silk, Chenille, Worsted, &c.**

1. Worsted is used principally for embroidery on canvas ; but on fine merino, brown holland, and even white muslin, it is equally beautiful. The colors of German worsteds do not fade when washed with soap.

2. Floss silk is used to embroider on either silks, satin merino, or any fine material which does not require washing.

3. To embroider on cloth, fine flannel, or merino, that is to be washed, it is necessary to use three corded, or saddler's silk.

4. Chenille is sometimes employed in canvas work, but being one of the richest materials used in embroidery, it shows to the greatest advantage on velvet, silk, or satin.

5. For worsted work a rather coarse darning-needle should be used, and for floss silk a fine one. A large round-eyed needle is necessary for chenille and three-corded silk. If the needle is too large, besides being clumsy, it will make a hole in the work.

6. A light and simple frame is the most convenient for the above mentioned species of embroidery. The

frame should merely consist of four smooth pieces of light wood, half or three quarters of a yard in length, and a quarter of an inch in thickness, neatly joined together. The frame should then be covered with ribbon or muslin, wound tightly around it. To this muslin the material designed to be embroidered is to be sewed. Square frames are preferable.

7. After the frame has been prepared, the pattern to be embroidered should be drawn. If the material which is used be silk, satin, muslin, or any transparent substance, the pattern may be fastened on the wrong side, hung over a window pane, and traced upon the material with a lead-pencil. When velvet, or cloth, or any dark colored silk is to be embroidered, the pattern should be drawn on white tissue or blotting paper, and the paper lightly tacked upon the right side of the velvet. The embroidery is to be executed over the paper, and when the work is completed the paper is carefully torn away. Sometimes patterns are drawn on dark materials by means of chalk, but the chalk is apt to rub off.

8. After the pattern is drawn, the work should be sewed into the frame in such a manner as to be perfectly smooth and even. It is not necessary that the frame should be of the same size as the material to be embroidered. If the stuff is wider or longer than the frame, the portion over should be rolled up and covered with white paper. When the article is smaller than the frame, a piece of muslin may be sewed to the stuff so as to make it of the necessary size.

9. The stitch for embroidery is very easy. You make a knot at the end of the silk, chenille, or worsted, and bring your needle through the material on which you intend to work, from the under side to the upper one. Next, the needle is again put through to the under side, following the pattern, and then put back and brought to the upper side, close to where it came through before. The same process is then repeated, care being taken not to draw the silk too tight. The



stitches should lay slantingly and beside each other. To embroider the stalks of flowers, a stitch very similar to the back-stitch should be used.

10. The way to embroider in the manner above designated, may be learned without further instructions than those we have already given. The work, when once understood, is accomplished with great rapidity, and never becomes tedious.

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### **Raised Embroidery.**

This kind of embroidery is extremely pretty in fancy pieces, for working animals, birds, shells, fruits, or flowers. It may be done with either silk, worsted, or chenille. The pattern must be traced and the material framed as usual; then commence a foundation for the raised parts by working with coarse cotton or wool, layer upon layer, with long stitches, until the outline of the design is closely approached, paying attention at the same time to the shape of the object. When this is finished, begin the embroidery over it with a long needle, and shade in the usual manner, passing the needle through the whole substance of the foundation, which will the more easily be done should it be formed of wool.

Flowers, such as roses, on a very reduced scale for sprig work, may be beautifully and easily executed in this description of embroidery. A small round must first be slightly raised with cotton; then commence the centre of the rose with two or three small French knots, and form the flower by working round them in small stitches, keeping the middle of the darkest shades; the stitches should partly cross each other, so as to give the appearance of one leaf over another. If skilfully done, the centre of the flower should have the sunken appearance which it has in nature. If worked too large, their beauty and effect will be lost. Four shades of silk will be found sufficient.

## Stitches in Embroidery, on Muslin and Lace Work.

1. *Satin Stitch*.—This\* resembles the threads in satin, and is much used in embroidery. You make a knot at the end of the cotton, silk, or worsted, and bring it through the material on which you intend to work, from the under side to the upper one. Next, the needle is again put through to the under side, at about half an inch distance, and is then put back and brought to the upper side, about half way from the first point; the next stitch is carried to the same distance from the second: again the needle is brought back, and the same process is repeated. In working on a surface, the stitches run in parallel lines to each other, and are taken lengthwise of the figure or subject you are marking. They are also of unequal lengths, in order that the ground may be more effectually covered. In the working of drapery, you must be sure to take each stitch the way the threads or grain would naturally fall.

2. *Double Button-hole Stitch*.—This is two stitches together, then the space for two left unoccupied, then the two button-hole stitches repeated, and so on alternately.

3. *Glover's Stitch*.—This is the same as the button-hole stitch, only each stitch is taken a little higher up than the one which preceded it.

4. *Embroidery Feather Stitch*.—Leaves are often worked in this stitch, which is only an elongated button-hole stitch. Its appearance, on a leaf, is very beautiful.

5. *Eyelet Holes*.—These are first run round; then a hole is cut out, or made by a piercer, which is the preferable way; and the needle is passed through the aperture, under the inner thread, and you sew round it thickly, so as to entirely conceal it. You may make oval eyelet holes in the same manner, making the opening oval instead of round.

6. *Formation of Bars*.—You take four threads of the muslin on the needle, and sew three times over them, passing the needle through the same opening each time, and drawing the four threads as close as possible. Each succeeding four threads are taken up the same way; and thus the required number of bars can be easily formed. The thread in this stitch passes from bar to bar, on the right hand.

7. *Button-hole Stitch*.—The needle must go in on the wrong side, and be brought out on the right, five threads down. To make the stitch, the needle is passed through the loop before it is tightened or drawn close.

8. *Eyelet Holes in Lace-work*.—These are not difficult to execute, and when well arranged, have a beautiful appearance. One mesh of the net is left for the centre, and you work round it in button-hole stitch. A great variety of devices may be formed, by a tasteful and judicious disposition of these eyelet holes.

9. *Interior Stitch*.—So called, because often employed to fill up the centres of leaves, in lace-work. The stitch is formed by taking two threads breadth-wise of the leaf, and sewing over them; then leaving a row of one thread, and sewing over two threads, as before.

10. *Darning*.—This is, when employed in lace-work, done as follows: It is worked as common darning, but with fine cotton, which is doubled; and, in this stitch, the inner edge of flowers is sometimes worked, the centre being executed in half herrin-bone stitch. It looks well; but rows of chain stitch are, in opinion, preferable.

11. *Chain Stitch*.—This is often employed in lace-work. Make a knot at the end of the cotton, and draw it through the right side. While you put in the needle, let the end hang loose, and bring it out below, so as to incline a little to the left hand; pass the needle over the cotton, as you draw it out, and this will form a

loop ; each succeeding one is done in the same manner.

12. *Veining Open Hem*.—This is worked in a curve, or other pattern, in which the threads cannot be drawn out. The hem is made by sewing over two threads, taken the angular way of the muslin, and then pursuing the same method with two threads taken the contrary way, and uniting them together as in a straight open hem. The appearance is the same, but the pattern is a curve or other shape.

13. *Pearling*.—This is a kind of lace edging, not worked with needles, but often used as a finish to embroidery on muslin. It is very pretty, and is sold ready for use.

14. *Lines*.—These are formed by drawing together six threads of the muslin, and sewing over them with fine thread, as close as possible.

15. *Straight Open Hem*.—This is done by drawing out three or four threads, the selvedge-wise of the muslin, and working over the cross threads from side, to side, in a kind of zigzag direction.

16. *Half Herring-bone Stitch*.—This is worked the cross way of the muslin ; four threads are taken on the mesh at once.

17. *Tambour Stitch*.—This has a close resemblance to chain stitch. The needle, which has a small hook at the end, and is fixed in a handle of ivory, is put through the material stretched in the frame, on the upper side, and the cotton being held underneath, in the left hand, is put upon the hook and drawn through to the right or upper side, where it forms a loop. Through this loop the needle is again passed, and also through the material, a few threads from the place it passed through before. The cotton is again drawn through, and thus a succession of loops is formed. The pattern is worked entirely in these loops or stitches.

18. *Spots on Net*.—These, though simple, form an

elegant variety in lace-work. To make each spot, the middle is to be passed backwards, and forwards, through one hole in the net, and alternately under and over two of the threads of which that hole is formed. These spots must be placed in clusters, but an open mesh must be left between each.

These are the stitches most commonly employed, and therefore the most necessary to be known. We have done all in our power to so explain them, as to enable our readers to practise them with facility.

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### **Embroidery on Muslin.**

A degree of skill which can only be acquired by practice, is necessary to those who would excel in this branch of the art. The work must, of course, be done by pattern, and a very beautiful one may be purchased at a moderate cost.

The material generally employed in working on muslin is cotton.

The pattern is placed against a window, and drawn with a black lead-pencil on the muslin. To secure accuracy, the muslin should be tacked down to the pattern before the tracing is commenced.

The outlines of the pattern are then run around with fine cotton, directly over the pencil-marks. Then commence working in the usual embroidery stitch, taking care that the stitches do not lay over each other, but side by side, so as to give the work a smooth and even appearance. A frame is not necessary.

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### **Embroidery in Gold Thread.**

This kind of embroidery is usually employed in large and bold designs, as it is never used except in cases where much display and extreme brilliancy are required. The materials made use of as foundations for these costly displays of needle-work are various, according to the taste of the wearer, or the occasion on which they are employed. Crape, India muslin, or

some kind of silk, are generally employed, as the best calculated to give the desired effect, and to exhibit the beautiful devices to the best possible advantage. The gold thread should be of a fine and uniform texture, and little or no difficulty will be found in working it. When it is properly made, it is almost as flexible as common thread.

The stitch in which gold thread embroidery is worked is (with occasional exceptions) satin stitch, and, of course, you work by a pattern previously prepared. This must be laid under the material used as a foundation, and which is generally sufficiently transparent to allow it to be seen through it, and the outline of the subject intended to be worked is sewn on in white thread. This done, you commence working in gold thread, or with silver, but this latter is not desirable, as it soon gets black and tarnished.

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### Instructions in Lace-work.

In commencing this delicate and beautiful work, you must place over the net a piece of French cambric, proportionate in size to the subject or device you are intending to work; and under both these the paper pattern is to be placed, and secured by a tack at the edge in its proper position. It is essential to remark that though the design, as a whole, may be large, yet each part should be small; the introduction of large leaves, sprigs, or flowers, would greatly detract from that beauty of appearance, which is so essential to be preserved. Clusters of small flowers, or leaves, are proper ornaments in this elaborately-wrought fabric. Having placed the materials and pattern as directed, the outlines of the design are to be run round with cotton. This sewing must be done twice, and the running thread be sewn over with fine cotton; the sewing to be moderately thick; this will give the extreme edge of each leaf or flower a raised appearance—a point in this work of most essential importance. The cambric is then, with a pair of small and sharp scis-

sors, to be cut off, as near to the raised edge as possible.

The various patterns are so numerous, that it is next to impossible to enumerate them. One beautiful variety is formed by filling up the centres of flowers with insertion stitch; for the mode of doing which, the reader is referred to the chapter on stitches. Leaves and flowers thus filled up have a remarkably neat appearance.

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### **Embroidery for Insertion.**

Embroidery is often done upon muslin, in narrow stripes, for insertion work, and looks extremely pretty. Almost any device, but chiefly foliage and flowers, and sometimes fruit, are proper for this kind of work, and any or all of the various stitches may be introduced with the happiest effect. It is unnecessary to give examples as they would only tend to confuse and mislead. Every lady must use her own judgment in these cases, and be guided in her choice by the use to which the insertion work is to be applied. In all patterns for this kind of embroidery, there must be a hem stitch on each side of the embroidery, the manner of forming which is fully explained in the following description.

It is done either in a straight line or in a curve. For the first kind you draw out threads to the breadth of a narrow hem, at a little distance from the row of insertion work previously executed. The number of threads thus drawn out should not exceed four, which are to be taken up on the needle, commencing on one side, and these are to be sewn over three times with very fine cotton. The threads are taken and sewn over singly, and when the thread has reached the opposite side, you take up four more of the cross threads and sew them over twice, thus uniting the eight together at the side opposite to that one on which you commenced. Then sew the last four, three times over, as in the first stitch, and the thread will here again be

found at the side on which you begin. You proceed in this manner to the end, and the open hem when thus worked forms a kind of undulating wave, that looks elegant and appropriate.

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### Things to be Remembered.

1. Cut your wools into certain lengths, and put them into elongated papers, or you may wind them on a reel. Each paper should be labelled with its peculiar shade, or it may be numbered.

2. During the progress of your work, it is desirable that you keep that portion still untouched covered with tissue paper, or it will otherwise have a soiled appearance.

3. In many departments of fancy needle-work great and unceasing care is requisite, in order to avoid faults which afterwards cannot be repaired. In cloth-work, for instance, be careful not to split the threads of the canvas.

4. In *fancy-needle-work* the light of day is especially important.

5. Plaid patterns may be worked from plaid ribbons; and in so doing, the choice of elegant *material* will be as attainable as it is multifarious.

6. When beads are introduced, they should not be too numerous, or they will give an appearance of heaviness to the work.

7. In using floss silk, it should be cut in short lengths or it is apt to get round.



## PART VI.

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### RULES OF POLITENESS

FOR

GENTLEMEN AND LADIES.

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#### **Rules of Politeness.**

1. It is considered a mark of respect to commence a letter towards the middle of the page.
2. Notes of invitation should not be sealed.
3. Invitations should be answered within two days.
4. Figured and colored paper is out of style ; pure white paper, with gilt edges, is in far better taste.
5. A letter of introduction, note of invitation, or reply, should always be enclosed in an envelop.
6. A letter of introduction should always enclose the card and address of the person introduced.
7. Notes of invitation should always be sent in the name of the lady of the house.
8. Printed cards should be used when the party is large.
9. All letters should be sealed and superscribed as in the following example. It gives room for the post-mark, without defacing the superscription.

MISS MARY CRAM,

NEW YORK,

N. Y.

### Models of Invitation Cards and Notes.

The usual form is simply :

Mrs. — requests the pleasure of Mr. and Mrs. —'s company on Thursday evening, at 8 o'clock.

Separate notes should be sent to the sons and daughters, if their company is wished.

The answer should be as follows :

Mr. and Mrs. — accept with pleasure Mrs. —'s invitation for Thursday evening next.

If a refusal is sent, it should be expressed thus :

Mr. and Mrs. — regret that it will not be in their power to accept Mr. and Mrs. —'s invitation for Thursday evening next.

The date should always be put at the bottom of the note, on the left hand side.

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### How to Address a Lady.

We address a married lady, or widow, as Madam, or by name, as Mrs. or Mistress Jones. In answering a question, we contract the Madam to ma'am : as, "Yes ma'am," "No ma'am," "Very fine day, ma'am."

A young lady, if the eldest of the family and unmarried, is entitled to the surname—as, Miss Smith—while her younger sisters are called Miss Mary, Miss Julia, &c. The term "Miss," used by itself, is very inelegant.

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### Language of the Finger-Ring.

If a gentleman wants a wife, he wears a ring on the first finger of his left hand.

If he is engaged, he wears it on the second finger.

If married, he wears it on the third finger.

If he never intends to get married, he wears it on the fourth finger.

When a lady is not engaged, she wears a whoop or diamond on her first finger.

If engaged, she wears it upon the second finger.

If married, she wears it upon the third finger.

If she intends to remain a maid, she wears her ring upon her fourth finger.

Thus, by a few simple tokens, the passion of love is expressed.

### Rules of Conversation.

1. Address yourself to the capacity of those to whom you speak.
2. Direct your conversation to such subjects as you know to be agreeable to the company.
3. Good humor and wit is the charm of conversation.
4. It is not impolite to laugh, in company, when there is anything amusing going on.
5. Nothing is more annoying than to be frequently interrupted in conversation.
6. Contradiction is the greatest rudeness any person can be guilty of.
7. Whispering in company is highly improper.
8. Never attempt to take the lead in conversation.
9. It is not good taste for a lady to say, "Yes, Sir," and "No, Sir," to a gentleman.
10. Due deference should always be paid to the aged.

### Young People's Primary Instructions in the Art of Drawing.

1. The apparatus required to teach drawing is not expensive. Let each pupil be provided with a slate, and a slate-pencil cut to a point; also a small piece of sponge, wherewith to wipe and clean the slate when necessary.

A sheet of paper, and a softish black lead-pencil, may be adopted in preference to a slate and slate-pencil, but they are less economical, and therefore need not be used till an advance has been made in the lessons.

In some schools where rigid accuracy is enforced, a boy somewhat advanced in his lessons stands at the black-board, and from the book in his hand copies a figure upon it. The pupils in their seats observe the

motions of his hand, and, following him slowly and according to their best judgment, they copy the figure from the board upon their slates.

2. The principle of this practice, which we wish to see adopted and followed, is, first, to teach the art in the simplest possible manner and at the least expense; and, second; to give freedom of hand or execution. The child, it will be observed, commences with the slate and slate-pencil, and having got over the initiatory difficulties and gained a little confidence, he is promoted to the board. Here copying figures in the first instance, and afterwards working from his improved taste and imitative faculties, he acquires a free, bold style of delineation, without which the power of drawing remains stiff and spiritless.

3. To commence, in whatever manner, place the pupil fairly before his slate, and cause him to draw perfectly straight lines. The lines must be drawn with the hand alone, that is, without any assistance from squares or rulers. The lines should in this easy manner, but with as much steadiness as possible, be drawn horizontally, perpendicularly, and obliquely; in short, in all directions that may be thought proper; and their accuracy may be tested with the instruments.

Being tolerably perfect in straight lines, we advance to bends or curves. Explain that all lines whatsoever, used in drawing, are either straight, or curved, or a modification of either; and point out how much more beautiful is the appearance and effect of a curve, in comparison with a straight line.

4. We now come to the drawing of objects, beginning with those of the simplest forms. In these and other figures it will be observed that some of the lines are thin and others thick, the thin lines indicating those which are in the shade. Point out how it is possible to represent a solid object—such as a block of stone or a house—on a flat surface, by means of a due mixture or arrangement of thin and thick lines or marks, and

by giving some of them an inclination in a particular direction.

5. There are examples of exercises in drawing of familiar objects or utensils. This usually yields much pleasure to the beginner, and excites his imagination to discover objects which he may sketch in a similar style. Let this fancy be liberally indulged. Desire him to draw the outlines of a cup, vase, drinking glass, basin, hook, hammer, axe, desk, chair, nail, candlestick, box, &c. Having drawn them in a front view, then put them in a different attitude, so as to express an end, a side, a corner, or any other point of view. Drawing of objects in this manner from nature, and not from paper, may be called a great step in advance, and is really the practical commencement of the art.

While about this stage of advancement, and while the mind is awakening to the power of expressing objects by means of various lines of a light and dark character, invite attention to the method in which a person is able to draw a subject from its appearance or from memory. It may be done in something like the following terms:

When we see, for example, a chair standing on the floor, we observe its shape or figure, its line of back, seat, legs, and all parts about it. We then take a pencil, and bending the mind intensely on the form of the chair, try to define all the lines of the object on the paper or board. The more perfectly the hand can obey the direction of the mind while thought is on the object, so the more true will be the drawing in all its details.

6. Plant and flower drawing is a valuable branch of the art, and is particularly suitable for females. The course of instruction should not be confined to a few objects merely, but be extended to exercises on all the elegant objects of this kind which are ready at hand. Any flower growing in a pot on the window-sill, any tree or bush that presents itself, or any shrub or blade

from a garden, may be copied. On the correct imitation of these objects from nature, is founded the art of designing carvings in architecture and carpentry, mouldings for plaster-work, and patterns for lace, paper-hangings, carpets, and other objects of taste.

7. From plants we proceed to the sketching of animals, such as dogs, cats, swine, rabbits, horses, goats, sheep, birds, or other creatures which are familiar to observation, and of which a few examples are given. Next, the pupil may advance to the drawing of faces and human figures, but this only, in a great measure, as an amusemet; for a correct method of delineating these objects in thier various forms and attitudes, is not to be gained without the most patient study of models and living figures, and may very properly be delayed till a more advanced period.

8. It is necessary to add, with respect to drawing plans of houses, or maps of fields and countries, that the pupil should be taught to measure and compute dimensions in height, length, and breadth. This is to be done in the first place by a foot-rule, or a diminished scale of inches and fractional parts, prepared for the purpose; but afterwards, and when a little skilled in these computations, he must learn to *guess*, or measure by the eye, the dimensions of the object on which he is engaged, and then to draw it, preserving the just proportions of the several parts. This is a kind of exercise which will largely contribute to cultivate the perceptive faculties of pupils, and make them useful to themselves in many of the common occupations of life.

9. The first, or purely elementary course of lessons, will properly terminate with exercises in drawing, with the hand alone, a variety of simple mathematical figures, such as circles, squares, and parallelograms. These may be tried again and again, to give precision of hand and eye, or till the figures approach so near perfect accuracy in form as to stand the test of measurement by the compasses.

Let the pupil be instructed to avoid any approach to confusion in the designs, to give all the lines with an easy sweeping effect, so as to express what is called *spirit*, and to cultivate at the same time simplicity and chasteness.

10. We conclude the brief directions by mentioning, in the most emphatic manner, that, further than mere amusement for the moment, the exercises on this or any other elementary work on drawing, will be of no use whatever, unless the pupil *do the things with his own hand, and seek for originals in actual objects before him.*

Exercises to a reasonable extent on the black-board are absolutely indispensable, for giving that *freedom of hand* which we have already adverted to, and for teaching the art of handling compasses, measuring distances, and other matters of practical utility.

## PART VII

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### MISCELLANEOUS RECIPES.

*To prevent the Hair from falling off.*—One of the most efficacious methods of preventing the hair from falling out is to moisten it occasionally with a little fresh strong beer. It also keeps hair in curls. When first used it is apt to render the hair dry, but a small quantity of bear's oil will remove this objection.

*Oil for the Hair.*—A very excellent ready-made oil for the hair, which answers all common purposes, is made by mixing one part brandy with three parts of sweet oil. Add any scent you prefer ; a selection can be got at the druggists.

*To make the Hair curl.*—At any time you may make your hair curl the more easily by rubbing it with beaten yolk of an egg, washed off afterward with clear water, and then putting on a little pomatum before you put up your curls ; it is well always to go through this process when you change to curls after having worn your hair plain.

*To cure Freckles.*—Take two ounces of lemon-juice, a half dram of powdered borax, and one dram of sugar. Mix together, and let them stand in a glass bottle for a few days then rub it on the hands and face occasionally.

*Shaving Soap.*—A very nice soap for shaving may be made by mixing a quarter of a pound of Castile



soap, one cake of old Windsor soap, a gill of lavender water, the same of Cologne water, and a very little alcohol. Boil all these together, until thoroughly mixed.

*Tincture for Diseased Gums.*—Take Peruvian bark coarsely powdered, one ounce, and infuse it for a fortnight in half a pint of brandy. Gargle the mouth at night with a tea-spoonful of this tincture, diluted with an equal quantity of rose water.

*Red Bottle Wax.*—Common resin four pounds; tallow one pound; red lead one pound. Mix with heat. Any coloring matter may be substituted, if other colors are wanted.

*White-wash that will not rub off.*—Mix up half a pailful of lime and water, take half a pint of flour and make a starch of it, and pour it into the white-wash while hot. Stir it well and it is ready for use.

*To render Cloth, Wind and Rain Proof.* Boil two pounds of turpentine, and one pound of litharge in powder, and two or three pints of linseed oil. The article is to be brushed over and dried in the sun.

*Feathers.*—It is said that tumbled plumes may be restored to elasticity and beauty by dipping them in hot water, then shaking and drying them.

*Icy Steps.*—Salt strewed upon the door-steps in winter will cause the ice to crack, so that it can be easily removed.

*Black Ball.*—Melt together, moderately, ten ounces of bayberry tallow, five ounces of bees' wax, one ounce of mutton tallow. When melted, add lamp or ivory black, to give it a good black color. Stir the whole well together, and add, when taken from the fire, half a glass of rum.

*To Polish Stoves.*—Mix powder of black lead with a little common gin or alcohol, and lay it on the stove with a piece of linen rag; then take a dry, but not

hard, brush, dip it in some of the dry, black-lead powder, and rub it to a beautiful brightness.

*Inflamed Eyes.*—This painful disorder may be cured in a week, and the eyes made perfectly strong, by using a decoction of elder flowers and laudanum. Add three or four drops of the laudanum to a small glass of the tea, and let the mixture run into the eyes three or four times a day.

*To Blacken the Eye-lashes.*—The simple preparations for this purpose are the juice of elder-berries, burnt cork, and cloves burnt at the candle. Another means is, to take the black of frankincense, resin, and mastic. This black will not come off with perspiration. It is also equally as good for the hair of the head.

*To Perfume Clothes.*—Take cloves, cedar, and rhubarb, each one ounce ; pulverize and sprinkle it in the chest or drawer. It will create a beautiful scent, and prevent moths

*Certain Cure for Eruptions, Pimples, &c.*—Having in numberless instances seen the good effects of the following prescription, I can certify to its perfect remedy. Dilute corrosive sublimate with the oil of almonds, apply it to the face occasionally, and in a few days a cure will be effected.

*Cheap, White House-Paint.*—Take skim-milk two quarts, eight ounces fresh slacked lime, six ounces linseed oil, two ounces white Burgundy pitch, three pounds Spanish white. Slack the lime in water, expose it to the air, and mix in about one-fourth of the milk ; the oil, in which the pitch is previously dissolved, to be added a little at a time ; then the rest of the milk, and afterwards the Spanish white, This quantity is sufficient for thirty square yards, two coats, and costs but a few cents. If other colors are wanted, use, instead of Spanish white, other coloring matter.

### Confectinery.

*Ornamental Frosting.*—For this purpose have a small syringe, draw it full of the icing, and work it in any design you fancy. Wheels, Grecian border, or flowers, look well ; or borders of beading.

*To Clarify Sugar for Candies.*—To every pound of sugar add a large cup of water, and put it in a brass or copper kettle, over a slow fire, for half an hour ; pour into it a small quantity of isinglass and gum arabic, dissolved together. This will cause all impurities to rise to the surface ; skim it as it rises ; flavor according to taste. All kinds of sugar, for candy, are boiled as above directed. When boiling loaf sugar, add a table-spoonful of rum or vinegar, to prevent its becoming too brittle whilst making.

*Fine Peppermint Lozenges.*—Best powdered white sugar seven pounds ; pure starch one pound ; oil of peppermint to flavor. Mix with mucilage.

*Icing for Cakes.*—Beat the whites of two small eggs to a high froth ; then add to them a quarter of a pound of white ground or powdered sugar ; beat it well until it will lie in a heap ; flavor with lemon or rose. This will frost the top of a common-sized cake. Heap what you suppose to be sufficient in the centre of the cake, then dip a broad-bladed knife in cold water, and spread the ice evenly over the whole surface.

*Saffron Lozenges.*—Finely powdered hay-saffron one ounce ; finely powdered sugar one pound ; finely powdered starch eight ounces. Mucilage to mix.

*Strawberry Ice Cream.*—Take a pint of picked strawberries, rub them through a sieve with a wooden spoon ; add four ounces of powdered sugar and a pint of cream.

*Common Twist or Cough Candy.*—Boil three lbs. of common sugar and one pint of water over a slow fire for half an hour, without skimming. When boiled

enough, take it off; rub the hands over with butter; take that which is a little cooled, and pull it, as you would molasses candy, until it is white; then twist or braid it, and cut it in strips.

*Fruit Candied.*—When the fruit is preserved, take it from the syrup, dry it in an oven, then dip it in sugar boiled to candy weight, and dry it again.

*Candied Lemon or Peppermint, for Colds.*—Boil one pound and a half of sugar in a half pint of water, till it begins to candy round the sides; put in eight drops of essence; pour it upon buttered paper, and cut it with a knife.

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### Fruit and Fruit Trees.

*How to Kill Borers in Trees.*—Rub hard soap into every place in the tree that seems wounded by them; it will effectually destroy them. Strong lye made of potash and swabbed on, is equally good—one pound to a gallon of water.

*Plum.*—This tree is becoming much affected with the "*black gum*," caused by an insect. Cut off the diseased part without delay, and burn it. This will preserve it.

*Peach.*—These trees do best in elevated situations; when the soil is unfavorable on hills, it should be improved; cold, wet, or spongy soil, is unfavorable. When peach trees begin to languish, remove the soil around them, and supply its place with charcoal; it will produce a sudden renovation and improve the richness of the fruit. Prune in the extremities of the branches of bearing trees, two feet, in July every year. This will keep the tree full of bearing buds and healthy wood. All trees that have the yellows must be removed, as the disease is contagious. Graft them in September. Peach trees may be preserved from the ravages of the worms, by freeing the diseased part from earth and gum, and spreading over it a thin coat of common hard soap, and filling up with fresh soil.

It must be repeated every season, and as it is dissolved by the rain, it descends to the roots, and causes it to grow vigorously, besides destroying insects and eggs, and cleansing the bark. Several hundred trees may be done in a few hours. It is equally good for other fruit.

*Quince.*—This is a beautiful tree when in blossom, and when the fruit is ripe it is highly ornamental. It is easily raised from cuttings or layers taken from the tree in April, and planted in a shady place, and the soil enriched, which will keep it from sudden drought. Also water occasionally. They might grow in any part of the country with suitable care.

*Pear.*—This tree dies of a disease called the fire-blight. It occurs in summer; the leaves, from the extremities of the branches, for two or more feet, appear as if scorched. This should be cut off a foot or more from the diseased part, and immediately buried. When this is practised, the evil is arrested.

*Apple Tree.*—Prune the decayed limbs, and rub the trunks with a hard brush, then paint with a mixture of soft soap and sulphur; strew lime under the trees and around the trunk. This course will destroy the worms and improve the quality of the fruit and grass, and will prevent the trees from decay. Five gallons of soap to one of sulphur.

*To Kill Weeds in Gravel and Brick Walks.*—Keep them moist with brine a week in the spring, and three or four days in fall, and it will prevent their growing.

*Brief Hints for Transplanting.*—Previous to laying out an orchard or fruit garden, the soil should be manured and pulverized to a great depth. It should be made sweet, that the nutriment which the roots receive may be wholesome; free, that they may be at full liberty to range in quest of it; and rich, that there may be no defect in the food.

If orchards are made from meadows or pasture lands, the ground should be improved as much as pos-

sible by manuring, trenching, ploughing, &c. At the time of planting, let the holes be dug somewhat larger than is sufficient to admit the roots in their natural position, and of sufficient depth to allow of a foot of rich and well pulverized mould to be thrown in before the trees are planted.

Transplanting trees, they should not be placed more than an inch or two deeper than they were in the nursery beds, and the earth intended for filling in should be enriched and well pulverized by mixing in some good old manure; and if any leaves, decayed brush, or other refuse of a farm are attainable, let such be used around the trees in filling, taking care that the best pulverized mould is admitted among the fine roots. The trees, in planting, should be kept at ease, and several times shaken, so as to cause an equal distribution of the finer particles of earth to be connected with the small fibres of the roots; and when completely levelled, let the ground be well trodden down and moderately watered, which should be repeated occasionally after spring planting, if the weather should prove dry.

Trees and plants should always be carefully packed at the nursery for the protection of the roots and limbs, as well as for convenience. [Orders will in all cases be packed, and reasonable charges made for packing, unless otherwise ordered.]

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### Parlor Plants.

1. Plants which have bloomed through the summer, *will* rest during the winter. To remove them from the heat and dust of the parlor—to place them in a dry, light, warm cellar, will certainly conduce to their entire rest; and the parlor will lose no grace by the removal of ragged stems, falling leaves, and flowerless branches.

2. *There can be no such thing as floral health with-*

*out fresh air and enough of it.* This must be procured by frequent ventilation.

3. According to your accommodation, select a *few* vigorous, symmetrical, hearty, healthy plants, for the window. *One plant*, well tended, will afford you more pleasure than twenty half nurtured.

4. All plants which are not growing, or for whose growth your parlors are not suitable, should be put into the cellar, and should there be allowed to stand over in a state of rest.

5. Where the plants are wanted to bloom in the parlor late in the winter, it is often better to let them spend the fore part of the winter in the cellar or pit.

6. *Very little*, if any, water should be given to plants thus at rest,

7. To restore frozen plants, dip them in cold water—till they are thawed, then set them in a moderately warm place. They will often die down to the roots, but sprout again; frequently, they only shed their leaves.

8. It is found that plants have the property of correcting bad air within a few hours, when they are exposed to the light of the sun; but that, on the contrary, during the night, or in the shade, they corrupt the common air of the atmosphere. Hence it is a dangerous practice to have shrubs in an apartment that is slept in.

9. The practice of watering plants by the roots—that is pouring water into dishes in which the pot sits—is highly improper. It should always be poured upon the surface, that it may filter through and refresh the fibres of the plant.

*Flowers.*—Flowers may be preserved fresh in tumblers or vases by putting a handful of salt in the water, to increase its coldness. If put under a glass vase, from which the air is entirely excluded, they will keep a long while.

### Canary Birds.

*General Directions.*—To keep canaries healthy, the cage should be washed as often as once in two weeks, and often cleaned. Fresh lettuce or cabbage may be given them in July and August; plantain is also good,—it may be given in hot weather three time a day. Lettuce seed and plantain seed is also good to be given as food, mixed in a small pot. In hot weather they should have clean water in pans once a day, to wash and bathe in, which greatly refreshes them. A piece of cuttlefish bone or sand should be in the cage, to keep them in a healthy condition. Their fountains should be filled, and the water fountains changed every day. The bird-seed is a mixture already prepared, to be used as it is. Sponge cake may be given occasionally, and crackers and sweet apples; worms are also good; but food containing salt is injurious.

*How to distinguish the Male from the Female.*—To distinguish the male from the female, it is observed that a streak of bright yellow may be noticed over the eyes and under the throat; his head is wider and longer, and in general is much higher colored; his feet too are larger. They also begin to warble first, which is often at a month old. They are quicker, more taper, and sprightlier than the hens. If the hen lays, take out the egg and substitute an ivory or wooden one, as they then will hatch all at the same time.



## PART VIII.

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### THE DOCTOR AT HOME.

*New Cure for Consumption, Scrofula, general Infantile Atrophy, Rickets, Diarrhœa, and Tuberculous Diseases.*—Eight grains of phosphate of lime, administered in cod-liver oil three times a day.

*Cure for a Nail Run into the Foot.*—Fresh beet, thoroughly pounded. Apply to the part frequently.

*Fever and Ague.*—Pound a piece of alum and nutmeg in half a tumbler of water. Take it when you find the fever coming on.

*Cure for Tooth-ache.*—Put a piece of cotton, dipped in collodion, into the tooth. When hardened, it will adhere strongly and stop the pain.

*A very Strengthening Drink.*—Put a tea-cupful of pearl barley into a sauce-pan and three pints of cold water, the rind of a lemon, and a small piece of cinnamon; boil gently till the barley becomes tender strain it and sweeten with sugar or molasses.

*Cure for Rheumatism.*—One gill of alcohol, one of beef's gall, one of spirits of turpentine, one of sweet oil, and four ounces of camphor gum. Put them all in a bottle and shake it up; use it two or three times a day, a tea-spoonful at a time. Apply it to the parts affected before the fire. It is good also for frost-bites.

*Very Valuable Remedy for Rheumatism.*—Peel off the outside bark of the elder, scrape off the green bark that is under it, and stew in lard till it is crisp.

This is a most valuable salve, and of positive efficacy in cases of burns, sores. &c.

*Cure for Hydrophobia.*—Take the root of the common upland ash, generally called black ash, peel off the bark, and boil it to a strong decoction. Take one gill three times a day, for eight or ten days.

*Tonic.*—The following is the tonic used by reformed drunkards to restore the vigor of the stomach: Take of gentien root half an ounce, valerian root one dram, best rhubarb root two drams, bitter orange peel three drams, cardamom seeds half an ounce, and cinnamon bark one dram. Having bruised all the above together in a mortar, (the druggist will do it, if requested,) pour upon it one and a half pints of boiling water, and cover up close; let it stand till cold; strain, bottle, and cork securely; keep in a dark place. Two table-spoonfuls may be taken every hour before meals, and half that quantity whenever the patient feels that distressing sickness and prostration, so generally present for some time after alcoholic stimulants have been abandoned.

*Bitters.*—Garden salendine, black cherry inside bark, poplar inside bark, and low century herb, in equal proportions.

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### Diets and Remedies.

*Bowel Complaints.*—Tea and coffee, and toast without butter, arrow-root, crackers of any kind, and chicken broth, or anything else of that nature, will not be injurious; and enough of it should be taken to keep the strength and spirits as much unimpaired as possible, as no treatment is more dangerous than to have nothing to eat; but on no account should a patient be permitted to have access to fruit of any kind (with the exception, perhaps, of figs, which may be eaten freely), or to use meat, until recovered.

*Inflammation of the Bowels.*—Apply a mustard plaster until sufficient irritation is produced, and, on taking it off, flannel dipped in hot water should be applied every half hour until relief is obtained. Great

care should be used as to diet, the simplest and most nutritious alone being safe; and on no account should any fruit be allowed to pass into the bowels while suffering from the complaint.

*Common Canker.*—Take a pound of canker root, wash it well and pound it fine. Soak it in warm water three hours, stirring it up well occasionally, so as to extract its strength. Wash the canker with it, and drink of it three times a day for a week.

*Gravel.*—Make a strong tea of the root of the plant called Jacob's ladder, and drink five or six times a day, in doses of half a pint at a time. It is an infallible cure.

*Preventive of Bilious Fever.*—If you are bilious in the spring, it will be well to physic with a syrup made of four ounces of rhubarb, four ounces of blood root, four ounces of mandrake root, ground or pounded fine, and stirred in half a pint of molasses, of which two table-spoonfuls is a dose. Then make a beer of equal parts of elder roots, burdock roots, sarsaparilla and spikenard roots, and white-ash bark and hops, and four times their weight of spruce boughs; add sufficient water, and place over a fire until sufficient mixture and extraction of the strength of the ingredients has taken place, then add yeast and put into a keg; after twelve hours, bottle, cork, and tie down the corks.

*Consumption.*—Take a peck of barley malt, add to it nine gallons of water boiling hot. Let it stand six hours, then add to the water in which the malt was soaked a peck of white pine bark, half a pound of spikenard root, and half a pound of Syria grass. Boil half away, then put the liquid part into a keg, adding a quart of brewer's yeast.

*Hypochondria, or Hysterical Passion.*—These disorders are most common to women, and imitate almost all diseases. They complain of almost every thing, although all have not the same complaints. Sometimes they have ague or hot sweats, and faintness

comes on them; but the symptoms are varied according to the temper and constitution of the patient, and her mode of living. All that can give rest or relief, is to administer things to strengthen the blood. Filings of iron steeped in wine, sundue, goldthread, rue, burdock-seeds, and mustard-seed, pulverized and put into brandy, is a superior medicine in cold, phlegmatic temperaments. These hysteric fits differ according to the nature of the patient; therefore the medicine that will help one will hurt another. Sanguine persons cannot bear spirit or cordial, but must have such as tend to quench, in some degree, the animal spirits, as asafoetida, castor, and all foetid medicines, used in pills, with aloes and myrrh. Let these be given as an attenuative every night. If the person be pale, of a cold, phlegmatic constitution, give *ens. veneris*, and a preparation of steel, dissolved; also, *ens. veneris*, given in powder. two or three grains at a time, every morning, and a tea of rue, sage, pennyroyal, and sweet flagroot, in brandy, is good. Hysteric women generally obtain their disease by taking cold in their feet, which stops their menses or courses, and, in a few months, brings on spasms, occasioned by a suffocation of the womb. These fits are exceedingly violent, and will not be cured until blood-root in powder is mixed with brandy and taken. A spoonful every morning, taken by a phlegmatic girl, will abate the disorder, and cure the fits arising from that cause. But should the fits happen from some other cause, as too much relaxation, which is often the case, and at the same time the woman have her menses once a fortnight or oftener, than they are to be cured by Peruvian bark, sloe-root bark, or fungus.

*Rabes, or Hydrophobia.*—This is a sort of a disorder occasioned by the bite of a mad dog, or the saliva of some animal which is in rage with this disease. This poison is very strong, so that the cure is difficult after the madness has come on; but as soon as the bite is made, it may be drawn out by many things, as onions beat up with salt and applied to the wound, jalap

pounded, put on, and often shifted, till the saliva be drawn out. Give internally snakeroot and camphor, some burn the place with hot iron. Others apply a cupping-glass. All that have a great dread of water die of this disorder.

*Incubus, or Nightmare.*—This disease is generally well understood in its effects and symptoms. It is not mortal, though by some supposed to be so; however, it often degenerates into apoplexy. The best cure is, live temperately and eat light suppers, using anti-flatulents, as anise-seed, burdock-seed, and mustard seed, steeped in spirits and taken at night.

*Cough Compound.*—For the cure of coughs, colds, asthma whooping-cough, and all diseases of the lungs: One spoonful of common tar, 3 spoonfuls of honey, the yolk of 3 hen's eggs, and 1-2 pint of wine; beat the tar, eggs, and honey well together; then add the wine, and beat all together with a knife, and bottle for use. A tea-spoonful every morning, noon and night, before eating.

*Canker Cure.*—Take one large spoonful of soft water, 2 tea-spoonfuls of honey, 2 of loaf sugar, 3 of powdered sage, 2 of powdered gold-thread, and 1 of alum. Stir up all together; put into a vessel, and let it simmer moderately over a steady fire. An oven is better. Then bottle for use. Give a tea-spoonful occasionally through the day.

*Piles.*—Make an ointment of equal parts of sage, parsley, burdock, and chamomile leaves, simmer half an hour in fresh butter or sweet oil and lard; then rub the parts affected with it, and drink half a gill of tar water twice a day; if the piles are inward, take the same quantity of tar water, and half a small glass of the essence of fir each night, on going to bed. Continue this course two months, and it will do you more good than all the quack medicines in existence.

*Dysentery.*—In diseases of this kind, the Indians use the root and leaves of the blackberry bush—a de-

coction of which in hot water, well boiled down, is taken in doses of a gill before each meal, and before retiring to bed. It is an almost infallible cure.

*Pain in the Breast or Side.*—The Indian remedy for this is, two pounds of fir boughs, a quarter of a pound of spikenard, half a pound of red clover, and a gallon of sweet cider, boiled to three pints. Drink half a gill of the mixture each night on going to bed, and morning, on getting up.

*Convulsion Fits.*—Make a strong tea of the root called convulsion root, and take it in doses of a half pint, whenever there is any appearance of the fit coming on.

*Inward Ulcers.*—Take a quarter of a pound of sassafras root bark, a quarter of a pound of colt's foot root, two ounces of gum myrrh, two ounces of winter bark, and two ounces of succatrine aloes; boil them well in four quarts of spirits, and drink a small glass every morning, fasting.

*Sore Eyes.*—A teaspoonful of sugar of lead, same quantity of white vitriol, and two ounces of gunpowder, mixed well together in a quart of soft water, applied to the eyes as a wash three times a day for a week, will cure the most inveterate cases.

*Numb Palsy.*—Bleed the patient freely, if it be possible, and administer a table-spoonful of sulphur every hour, continually bathing the numb parts with spirits of hartshorn. Boil a pound of roll brimstone in four quarts of water, until it is reduced to one quart; then give a table spoonful every hour. If you commence the course early, the complaint will soon yield.

*Flying Rheumatism.*—A quarter of a pound each of prince's pine tops, horse radish roots, elecampane roots, prickly ash bark, sweet bark off the roots, pill of white pine turpentine every day, which will have the effect of healing the blood vessels from which the blood escapes.

### Recipes.

The following recipes accompany this system of practice, one of which is worth more than twenty times the cost of this book.

These preparations should be made and kept on hand by every family. The expense is but little, and, in sudden cases, the patient may die before they can be obtained; and besides, age improves their quality, provided they are kept from the air, by being tightly corked in bottles.

*Rheumatic Oil.*—This is made by taking *two ounces* of sweet oil and one of cajeput, and shaking them well together.

*Soothing Lotion.*—Two quarts of alcohol, six ounces fine castile soap, one ounce of camphor, one ounce laudanum, one ounce rosemary.

*Dysentery Specific—particularly for Bloody Dysentery in Adults and Children.*—Take one pound gum arabic, one ounce gum tragacanth, dissolved in two quarts of soft water, and strained. Then take one pound of cloves, half pound cinnamon, half pound allspice, and boil in two quarts of soft water, and strain. Add it to the gums, and boil all together over a moderate fire, and stir into it two pounds of loaf sugar. Strain the whole again when you take it off, and when it is cool, add to it half a pint sweet tincture rhubarb, and a pint and a half of best brandy. Cork it tight in bottles, as the gums will sour, if exposed; if corked properly, it will keep for years.

This is very useful in bowel diseases among children. Every family should take pains to make it; they should not think of passing a summer without it in the house, ready for use. Many persons, by its use, have been raised from the very brink of the grave.

*Invalid Cordial.*—An excellent article to strengthen and restore the tone of the stomach. It prevents faintness or a sinking feeling at the stomach, and for persons subject to low and depressed spirits, it affords great relief. It is made thus:

Dissolve of gum arabic 2 oz. in 1 pint of rain water, and add 1 1-2 wine-glass of best brandy; take a table-spoonful three or four times a day.

*Balm of Life.*—This is a most excellent medicine for consumptive complaints. It is very good for pain in the stomach or side, or for a feverish stomach; it strengthens weak lungs, and helps the whooping-cough. It is a relief from suffering, in nearly all diseases.

It is made thus: Gum benzoin 4 oz., gum storax callintee 3 oz., balsam tolu 1 oz., gum aloes, sucatine, 1 1-2 oz., gum myrrh 1 1-2 oz., root of angelica 2 oz., tops of Johnswort 2 oz. Pound all these together, and put them into about three pounds of rectified spirits of wine, in a glass bottle. Let them stand in the spirits four weeks in a moderate heat; shake them once a day, strain it off, and it is fit for use. If the gums are not all dissolved, add a little more spirits to the same; shake it, and let it stand as before. The patient should take from 12 to 15 drops in a glass of wine, in the morning, before eating.

*For Cleansing and Purifying the Blood.*—Take 1 lb. sarsaparilla, 1-2 lb. guaiacum shavings, 1 oz. sassafras, 1-2 lb. elder-flowers, 1-2 lb. alder-buds, 1-2 lb. burdock-root; put all these together, and add 2 quarts boiling water to one third of it. Take a wine-glassful three times a day, and a dose of pills twice a week.

*Head-ache Drops.*—For the cure of nervous, sun, and sick head-ache, take 2 quarts alcohol, 3 oz. castile soap, 1 oz. camphor, and 2 oz. ammonia. Bathe forehead and temples.

*For Strengthening and Invigorating the Nerves.*—1 oz. juniper berries, 2 oz. orris root, 1 oz. bitter bugle, 3 oz. chamomile flowers; break them up fine, steep 1 table-spoonful in half a pint of boiling water, and drink it through the day. Take a dose of pills twice a week.

*A Shrunk Sinew, or Stiff Joint.*—Mix half an ounce each of green melilot, yellow besilicon, oil of amber,



and a piece of blue vitriol as large as a thimble, well together, simmer over a slow fire, to the consistency of salve, in two ounces of lard; apply the salve (rubbing it in well each time to the shrunken part, and the joint next above it), at least three times a day.

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### Cancer of the Breast.

It is indeed a sad reflection, that woman, from the performance of duties most endearing to her offspring, should become the frequent victim of the most intractable diseases that afflict her. Cancer of the breast, although it occasionally originates in males and unmarried females, is far more frequent among those who are nursing, or have nursed, one or more children. It is most likely to show itself between the thirtieth and forty-fifth years; the cases increasing in frequency as the female approaches the cessation of the menstruating period.

*Symptoms.*—The first appearance of cancer is generally that of a small tumor, the size of a cranberry, situated deep in the substance of the breast. This, if taken hold of and handled freely between the thumb and two fingers, will be found perfectly movable with the substance or mass of the breast, and more or less hard. If not removed, and it really be a cancer, it gradually becomes immovable, from attachment to the parts beneath it, larger, harder, and more or less painful. All these characteristics increase, with greater or less rapidity, until the skin becomes congested and attached to the tumor, and alters in its hue, growing redder and more tense; the tumor then attaches itself to the body, and becomes immovable—increases in size, either on one side, elevating that part of the breast into an irregular surface, or it surrounds the nipple, swallowing it up as it were in itself. The pain becomes of a cutting or lancinating kind, and it gradually opens and discharges a thin and unhealthy sort of bloody matter. When the disease has proceeded to this ex-

tent, its further progress, with affection of the general health, is rapid.

*Remedy.*—This is one of those diseases which it is almost impossible to cure. Its progress, however, may sometimes be retarded, and some of its most disagreeable symptoms mitigated, by proper applications. One misfortune attending the disease is, that the unhappy patient often conceals it too long. Were proper means used in due time, a cancer might often be prevented; but after the disorder has arrived at a certain height, it often sets all medicine at defiance.

The fact respecting a cancer, however, is this; it is canker making its appearance in one part of the body, showing that the whole body is more or less affected with the same. Many appearances in the body are called cancers, which are only warts or things which never injure the system; and often men have the name of curing a cancer, when they have only removed something else. A real cancer may be taken out, but this can never cure the disease in the person, for it is in every part, more or less. To cure a real cancer, whether the common kind, or what is called a rose cancer, the whole system must first be cleared of canker. When this is done, there is nothing left to support what is called the cancer.

My method of curing is, first to clear the system with the emetic, &c., giving powders, bitters, &c., to help the digestion; and continue this course until the whole body is cleared of what makes and supports the cancer. While attending to this, apply the cancer plaster, which goes into the sore, and lessens it. The cancer eats the plaster, instead of being eaten out by the plaster. When the plaster is all gone from the soft leather or bladder on which it is spread, more must be put on, until a cure is performed. This is a very simple, safe, and generally effectual remedy. The best cancer plaster with which I have any knowledge, is the *extract of clover*. [See, also, a new and wonderful cure for cancer, p 14.]

## PART IX.

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### MEDICAL QUALITIES OF ROOTS AND HERBS.

It is not to be doubted but that every country contains the best remedies for its own diseases. North America, for its botanical remedial agents, is perhaps exceeded by no other land; and as an old practitioner remarks: "Instead of sending our ships to foreign climes after costly, unnatural medicines, why is it that we do not open our eyes on the vegetable kingdom around us, and accept at our own doors, without money or price, those natural remedies which the God of nature has planted for us, as being more congenial to our constitutions? What, then, is the use, in the name of common sense, of importing Peruvian bark from South America, when the common dogwood (*Cornus Florida*) of our own country produces the same effect? Or of sending to Europe for Spanish flies, when the American potato fly is far superior, and will draw a blister without producing strangury, which the Spanish fly is very apt to do."

In the following, the reader will find briefly described the most important plants and roots, together with their medical properties, and how to use and apply them.

*Black Alder (Alnus Nigra).*—Grows in moist places, and frequently sends up several slender stalks to the height of ten feet; it bears a red berry. It is tonic and antiseptic, and is therefore good to stop mortification. For this purpose drink a decoction, or tea, of the inner bark, and make a poultice of the same and

apply externally. It is sometimes called Virginia winterberry.

*Alum Root (Heuchera Americana).*—The root is a powerful astringent, and much better than gum kino, which is brought from Africa. It is used in hemorrhage, or bleeding from weakness, such as flooding, whites, &c. It is good for the gravel, and is used as a gargle for sore mouths. It is proper to be put into spirits, or instead of that, the powder or tea may be given. The Indians apply it to wounds, ulcers, and cancers.

*Angelica.*—This is well known. It grows in marshy woods and hedges, flowering in June and July, and is frequently cultivated in our gardens. The root of angelica is strengthening and aromatic; it is good for colic arising from wind in the stomach and bowels. One or two tea-spoonfuls of the powdered root is a dose. Or it may be used in a decoction, and dogwood berries or bark may be steeped with it. One gill is a dose, three or four times a day.

*Thorn Apple (Datura Stramonium).*—It is also called French apple, stink-weed, &c. It grows to the height of two or three feet, flowers in July and August; the apple or pod is large, egg-shaped, and covered with sharp thorns. It has a very disagreeable smell. It is used internally for apoplexy, epilepsy, mania, chronic rheumatism, and difficult menstruation, in the form of an *extract*, which is made by exposing the juice of the plant to the heat of the sun; or, boil the plant in water four hours, strain off the liquor, simmer down to a syrup without taking off the scum, then pour it into an earthen vessel, which is now to be kept in a warm oven until it becomes thick. The dose is one or two grains once a day, increasing very gradually. It is a very active medicine, and when taken *internally* must be used with the *greatest caution*.

*Externally*, it is used on fresh wounds, bruises, scalds, burns, piles, ulcers, and cancers, in the form of

ointment, which is made by simmering slowly the fresh leaves bruised in hog's lard, with about one-eighth part of beeswax, for one hour, and then straining it through a coarse cloth.

*Arrow-Root (Maranta Arundinacea)*—Is cultivated in the United States, and those who do not cultivate it, will find that it is for sale at almost every druggist store. A table-spoonful makes a pint of the finest jelly in nature, and is the most nutritious and harmless food that can be for sick persons, especially in bowel complaints.

To make the jelly, add as much cold water to a tea-spoonful as will make it into a thin paste; then pour on boiling water, stirring it at the same time till it becomes a clear jelly; nutmeg and sugar, with a little wine or lemon juice, may then be added. But for children it is better to give it with new milk.

*Asarum, or Swamp Asarabacca.*—Grows in low grounds; has but two leaves rising from the root—the flowers are purple and bell-shaped, and proceed from between the leaves. It has a nauseous, bitter taste. From a half to a table-spoonful of the powdered root, operates upwards and downwards. Steeped in boiling water, a table-spoonful may be given every half hour for whooping cough. In the dose of a tea-cupful three times a day it promotes the menses, or *courses*.

*Avens Root (Genum Urbanum).*—Grows a foot high, near fences, blossoms in July, white or yellowish, and smells very much like cloves. Two handfuls of the root to a quart of spirits will make a tincture which is an excellent remedy in all cases where tonics are necessary. There is another kind, the *water avens*, the blossoms of which are purplish, and appear in May, but its properties are much the same as the preceding. A decoction of it is good for a sore throat. It is also used as a substitute for tea and coffee.

*Agrimony.*—Grows two or three feet high, in hedges, &c. It blossoms in July, on long spikes

which are yellow, and the seeds of it in the fall of the year are remarkable for sticking to the clothes. Some people call it cuckold. In the form of tea it is a good drink in fevers. The juice of this plant, sweetened with honey, is an excellent medicine in the jaundice, scurvy, and diarrhœa. A wine-glass full of the juice, three times a day, is a proper dose. The herb is applied externally in fresh wounds.

*Beech Drops (Orobanche Virginiana).*—Cancer root, or broom-rape. It grows under beech trees six or eight inches high, brittle, of a brown color, but no leaves; the root bulbous. It is disagreeably bitter tonic, and astringent. The fresh bruised root externally applied is celebrated for curing the cancer, ulcers, and St. Anthony's fire. Internally it is good for convulsions; and after physic has been taken for dysentery and diarrhœa.

*Bearberry (Arbutus Uva Ursi).*—Is a low evergreen shrub, also called whortleberry, and wild cranberry. It relieves the stone, gravel, courses of females, and also catarrhs and consumptions. Make a tea of the leaves, a handful to a pint of water, and take half a pint two or three times a day.

*Celandine (Chelidonium).*—This plant grows by running brooks, about two feet high; the stalks have larger joints than are common with other plants, and are very easily broken. It is generally well known. Twenty or thirty drops of the juice, or half a tea-spoonful of the powdered root, in new milk, morning and evening, is a cure for the dropsy, green sickness, and cutaneous eruptions. The juice, rubbed in warts, ring and tetter worms, completely removes them. Made into an ointment or plaster, it is a good application for piles, and effectually cures the king's evil.

*Five Fingers, or Cinquefoil (Potentilla Reptans).*—Creeps on the ground, with long slender tendrils like strawberries. The leaves are of five parts, with indented edges: the flowers are yellow; and the root has

a dark-brown color, long and fibrous. It is a very good tonic astringent. It relieves urinary complaints, fluxes, sexual weakness, ague, and epilepsy. It is sometimes used instead of tea.

*Crawley, or Fever Root.*—It is found in the neighborhood of beech drops. It has no leaves; comes up with a single stalk about a foot high, with numerous pods around it that hang downwards, containing, when ripe, an extremely fine seed. The appearance of the root is a curiosity; it is brittle, not so large as a quill, and appears in strata or layers, like hands and fingers on the top of each other, forming a bunch or cluster. The powdered root mixed with molasses, adding a little skunk cabbage and wild turnip root, will cure a cough when nothing else will do it. After mixing up a tea-cupful, take a tea-spoonful three or four times a day.

*Comfrey (Consolida).*—Boiled in milk, is excellent in the dysentery, bowel complaints, immoderate courses, and other diseases. It is beneficial in all cases attended with burning heat in urinary evacuations. A poultice of the pounded root is good for wounds and inflammatory swellings.

*Fever-few, Feather-few (Pyrethum Parthenum).*—Is an aromatic tonic. A decoction of the herb, in hysterics and other female complaints, may be used to advantage.

*Elecampane (Inula Helunium).*—In the form of strong tea, made by boiling, it is good for hoarseness, coughs, stoppage of urine, or of the *courses* of females. It is also good for spitting blood, to destroy worms, and to fasten loose teeth.

*Blackberry.*—The berry, when ripe, is known to be pleasant and wholesome, and two handfuls of the root, in three pints of milk or water, boiled down to a quart, in the dose of a tea-cupful every two or three hours, has often cured diarrhoea and dysentery, when the apothecary's medicine has failed.

*Dandelion (Leontodon Taraxacum).*—A decoction of dandelion will correct an unhealthy state of the stomach and liver, and procure an appetite. It is diuretic, and very beneficial in jaundice. Given in the form of extract in from three to five grain doses, three times a day, and continued for a long time, has the happiest effect upon the liver when its disease has assumed a chronic form

*Wild Turnip (Arum Tryphyllum).*—*Indian turnip, Dragon root, wake robin, or cuckoo plant.* By some of these names it is well known to every one. Its virtues are destroyed by drying, and by too much pounding. To use it as a medicine it should be scraped, and mixed with something oily, sweet, and mucilaginous. It is useful to old people, in cases of asthma, coughs, &c. It is good for women who are not regular, and a decoction of the root is used for eye-water.

*Blood Root (Sanguinaria Canadensis).*—It is also called red root, puccoon, Indian plant, &c., and is generally well known. The powdered root, from twenty to thirty grains, is a powerful emetic. In smaller doses, for ulcerous sore throats, croup, and hives, it is equal to the Seneca snake-root; and one or two grains every two or three hours is an excellent diaphoretic in colds, pleurisies, &c.

*Thoroughwort (Eupatorium Perfoliatum).* *Bone-set, Crosswort, Thoroughstem, or Indian Sage,* and is so generally known by one of these names, that it needs no description. A wine-glassful every two hours of the warm decoction is beneficial in fevers, by exciting a copious perspiration. In larger doses it proves emetic, and in this way it is an excellent remedy for the ague, to be given when the fit is coming on. When taken cold, in small doses, it is very strengthening to the stomach; and the flowers, especially, are as good a tonic bitter as the camomile flowers.



*Indian Tobacco (Lobelia Inflata).* Is generally well known. It rises up one or two feet with branched stems, and the flowers, of a pale blue color, appear in July and August. The capsules or pods are inflated, and filled with small seeds. Says the U. S. Dispensatory, by Wood and Bache, Lobelia is emetic, and like other medicines of the same class, is occasionally cathartic, and in small doses, diaphoretic and expectorant. It is also possessed of narcotic properties. The disease in which it has proved most useful is spasmodic asthma, the paroxysms of which it often greatly mitigates, and sometimes wholly relieves, even when not given in doses sufficiently large to produce active vomiting. In Cox's Dispensatory, page 400, the Rev. Dr. Cutler says: "I had a tincture made from the fresh plant, (*Lobelia Inflata*); and took care to have the spirit fully saturated, which, I think, is important, In a paroxysm of the asthma which perhaps was as severe as I ever experienced, the difficulty of breathing extreme, and after it had continued for a considerable time, I took a table-spoonful. In three or four minutes my breathing was as free as ever it was, but I felt no nausea at the stomach. In ten minutes I took another spoonful, which occasioned sickness. After ten minutes I took a third, which produced sensible effects upon the coat of the stomach, and a very little moderate puking, and a kind of prickly sensation through the whole system, even to the extremities of the fingers and toes. The urinary passage was perceptibly affected, by producing a smarting sensation in passing urine, which was probably provoked by stimulus upon the bladder. But all these sensations very soon subsided, and a vigor seemed to be restored to the constitution, which I had not experienced for years." It will not always do to take as much for a dose as Dr. Cutler did, as some have been severely vomited with only a tea-spoonful.

*Wintergreen (Gaultheria Procumbens).*— *Mountain tea, deerberry, grand ivy, spiceberry,* are differ

ent names for the same thing. It is useful in spasmodic asthma, in urinary, and in female weaknesses. It relieves cramp from wind in the stomach, and the juice boiled with sweet oil, wax and turpentine, makes a salve, which is used to heal wounds.

*Burdock (Arctium Lappa).*—Operates gently on the bowels, sweetens the blood, promotes sweat and urine, and is used in rheumatic, scorbutic, and venereal diseases. Dose of the juice, a wine-glassful; of the decoction, half a pint, three times a day.

*Pleurisy Root (Asclepias Decumbens).*—Some call it *white-root*, *wind-root*, *flax-root*, *butterfly-weed*, *harvest flower*, &c. It is a beautiful plant, growing two or three feet high under fences, and on upland pastures. The flowers are of a bright orange color, and appear in July and August. These are succeeded by long, slender pods, with a delicate kind of silk attached to them; the root is spindle, or carrot-shaped, of a light brownish color outside, and white within. No medicine is better than this in producing general and plentiful perspiration, without heating the body, and from this it derives its well-merited fame in curing pleurisy, inflammation of the lungs, liver, and dysentery; but in these acute diseases, the stomach and bowels should first be cleansed by a smart dose of physic or emetic. A handful of the root is then to be steeped in a quart of boiling water, and a tea-cupful given every two or three hours.

*Queen of the meadow (Eupatorium Purpureum).*—It is also called *trumpet-weed*, *gravel-weed*. It grows in hedges, and on the sides of meadows, about four feet high; the stalk is reddish, the flowers purple: the leaves are long, spear-shaped, and opposite each other. A large handful of the roots boiled in three pints of water, down to a quart, and given in doses of a tea-cupful every two hours, is an excellent remedy in the gravel, bloody urine, and suppressions of urine: it strengthens the urinary organs, and carries off the water in dropsy.

*Cicuta, or Poison Hemlock (Conium Maculatum).*—Grows from three to six feet high, in moist and shady places, resembling parsley, but the root resembles the carrot. The stalk is round, smooth, hollow, and marked with reddish, or brown spots. The under side of the leaf is whitish green, the upper side dark green. The flowers are white, heart-shaped, and consist of five leaves. The seeds are greenish, flat on one side, convex on the other, and the convex side is marked with five furrows. The smell of the plant resembles the urine of a cat. It is of a narcotic nature, and when taken in an over dose is a deadly poison. It is used in fluxes, epilepsy, chronic rheumatism, jaundice, cutaneous affections, rickets, swelled testicals, cancer, scrofulous affections, &c. The dose is from one to three grains a day of the leaves, gradually increasing, until it produces giddiness. The leaves should be collected in June, dried quickly before a fire on tin plates, and kept in well stopped phials, secluded from the light. It may also be given in extract. Dose, two or three grains twice a day, gradually increased until evidence of its action upon the system is afforded.

*Broad-Leaved Laurel (Kalmia Latifoli).*—Grows seven or eight feet high, in swamps, and moist rocky pastures. The blossoms are white, and tinged with red. An ointment made by simmering the leaves in lard, is good for scald head, obstinate sores, and has often cured the itch. There is another species called narrow leave, or dwarf laurel. Both kinds are poisonous.

*Sweet flag (Acorus Calamus).*—This is known by everybody by the name of *Calamus*. It is good for wind colics in children, where there is no fever.

*Rose Willow.*—Grows on the banks of brooks or rivers, or borders of meadows, about the size of an apple tree, with a bunch in the top resembling a bunch of roses; gray colored bark outside, red within. A large handful of bark boiled in three pints of water,

down to a quart, is used for the gleet, whites, immoderate flowing of the menses, and cutaneous eruptions.

*Dogwood*.—Grows fifteen or twenty feet high bearing large white flowers, and is well known. It is a powerful tonic, and is equal to the Peruvian bark. The bark is used for the ague, either pulverized, or in tincture, or decoction; and the Indians make use of the flowers for the same purpose.

*Dwarf Elder*.—This plant dies every year, and rises afresh in the spring, with a four-square, rough, prickly stalk, three or four feet high. The flowers are white, with a dash of purple, standing in umbels on the top of the stalk, and terminating in reddish or dark colored berries. The root creeps under the upper crust of the ground, as large as the finger, and springs up again in different places. It colors the hair black; is a powerful diuretic, and has acquired great frame in curing the dropsy. It is used in decoction.

*American Gentian*.—It grows on the side of roads, in waste pastures, two or three feet high. The stem is strong and erect, and the leaves are spear-shaped, somewhat like common milk-weed. But the leaf surrounds the stalk like thoroughwort, and at the junction of the leaf with the stalk, on the upper side, yellow flowers appear which terminate in bitter berries, containing the seed. It is better than imported gentian; not only is it a tonic, but it corrects unhealthy secretions, and produce that healing effect upon the lungs and liver, which no other medicine can do.

*Sampson Snake-root*.—Grows from one two or three feet high; the leaves are dark green, and very smooth on the under side. It blossoms about the last of August or the first of September, bearing circular, pale blue flowers on the top of the stalk. The roots are fibrous, of an agreeable taste, running near the surface, from which in the fall, red sprouts are found shooting up to form the stalk. It is used in debility of the nervous

system ; a wine-glassful of the tincture, or more of the decoction, three times a day.

*Fox Glove.*—It grows to the height of two or more feet, and its leaves are large, egg-shaped, notched like a saw, and covered with hairs. The blossoms are of a beautiful purple color, hanging downwards in a row along one side, which are compared with the fingers of a glove, and in the inside are elegantly mottled with spots like little eyes. When taken in large doses, digitalis produces vomiting, purging, dimness of sight, vertigo, delirium, hiccough, convulsions, collapse, and death. *Cordials and stimulants are the best antidotes.* As a medicine it diminishes the frequency of the pulse, lessens the irritability of the system, increases the discharge of urine, and the action of the absorbents. In small doses, therefore, it is good for inflammatory complaints. Externally it has been applied for scrofulous tumors. The powdered leaf may be given internally, one grain twice a day, gradually increasing until it produces some effect, and then stop. Or a decoction may be used about as strong as common tea, in the dose of a tea-spoonful every two or three hours. It is cultivated in some of our gardens.

*Tobacco.*—It is emetic, cathartic, sudorific, diuretic, expectorant, narcotic, and anti-spasmodic. Two or three tea-spoonful of tobacco infusion, mixed with half a pint of gruel, and used as injection, will afford relief in violent colics, when the bowels cannot be moved by any other physic.

*Mustard.*—The pulverized seeds are a diffusible stimulus. When taken whole, in the dose of a table-spoonful or more, they produce a gentle evacuation, without weakening the stomach and bowels.

*Mallows.*—Grows in almost every door-yard. There are two kinds, but the properties of both are the same. It is mucilaginous, and useful in dysenteries, gravel, stranguary, and scalding urine.

*Oak bark.*—Either black or red oak bark is tonic, astringent, and powerfully antiseptic. It is good in all cases where Peruvian bark is good, and may be used in decoction internally and externally.

*Deadly Nightshade (Atropa Belladonna).*—Grows two or three feet high among rubbish and uncultivated places. The berries are very plump and round, first green, then changing to red, and when ripe, of a shining black. This poisonous plant has performed great cures in palsy, epilepsy, jaundice, dropsy, and cancer. A half a grain of the powdered root or leaves is sufficient to begin with. Or, infuse twenty grains in a pint of boiling water; strain it when cool; and one or two table-spoonfuls once a day is a dose. The leaves are applied externally to the cancerous tumors and ulcers.

*Camomile.*—A warm decoction of the flowers in large quantities, will act as an emetic; in small doses, taken cold, it is an excellent tonic to strengthen the stomach.

*American Ipecac, or Indian Physic (Spiraea Tri-foleata).*—Grows about two or three feet high in low woods and meadows, and is very common in all parts of the country. It is equal to foreign ipecac. Thirty or forty grains of the pulverized root act as an emetic; in the dose of five or six grains every two hours it acts as a sudorific. Or, a handful of the fresh root may be infused in a pint of boiling water, and a small tea-cupful, taken every fifteen or twenty minutes, until it produces vomiting.

*Rhubarb Root (Radix Rhei).*—It is generally cultivated in our gardens for the sake of the stalks, which are made into excellent pies; the root, however, is of great efficacy in some diseases. Six to ten grains are astringent and strengthening to the stomach. In larger doses, from a scruple to half a dram, it is first purgative, and then astringent. It is, therefore, an excellent medicine for diarrhoea and dysentery, because it evac-

uates any acrid matter that may be offending the bowels, before it acts as an astringent.

*Mandrake, or May Apple (Podophyllum Peltatum).*—Needs no description. It is an excellent purgative, in doses from ten to thirty grains, or double that quantity in a gill of water, or equal quantities of the mandrake juice and molasses may be mixed, and a tablespoonful taken every hour or two until it operates. The Indians gather the root in autumn, when the leaves turn yellow, dry it in the shade, and pulverize it for use.

*Colt's Foot (Asarum Canadense).*—Is generally known. Boiling injures it. Better put it into spirits. A strong tea, made by steeping, brings out a moisture on the skin, and strengthens the stomach.

*Bittersweet (Solanum Dulcamara).*—Grows in hedges, and climbs upon other bushes with winding, woody stalks. The flowers are in clusters, of a blue purple color, appearing in June and July, and always turning against the sun. The berries are red. It operates by sweat, urine, and stool, and is good in acute rheumatism, jaundice, scurvy, obstruction of the menses and cutaneous disorders. A tea-cupful of the tea may be taken twice a day. Or, steep four ounces of the twigs in vinegar, adding a little flaxseed, make a good poultice for hard swellings. An open cancer has been cured by applying the juice and leaves.

*Pokeweed (Phytolacca Decandra).*—It is very active and operates as an emetic and cathartic. If an ounce of the root steeped in a pint of wine, two tablespoonfuls will operate well as a puke. In smaller doses it is an excellent remedy for rheumatism and several other affections where mercury is used. A decoction of the leaves is used externally for the piles, and an ointment made by simmering a handful of the root or leaves in a pint of lard, adding a little beeswax, is applied to cancers and ulcers.

*Sumach, or Shoemake (Rhus Capallinum).*—It is well known. An infusion or tea of the seeds, sweetened with honey, makes a good gargle for sore throat, and for cleansing the mouth in typhus fever. The inner bark of the root in decoction, externally as a wash, or taken internally, is one of the most powerful vegetable antiseptics which our country produces. It is frequently used in hectic scrofulous complaints.

*Slippery Elm (Ulmus Americana).*—By infusing the bark in water it produces a nourishing jelly, which is capable of supporting life without any other food. It is beneficial in fevers; and Dr. Grant, who acquired great celebrity in the cure of dysentery, has declared that he is indebted for that reputation to the use of this mucilaginous jelly. Externally applied it prevents mortification; and as an emollient poultice for swellings, it is better than bread and milk, or flax-seed.

*Poplar (Liriodendrum Tulipifera).*—Poplar bark is a very strong, bitter tonic, and aromatic. It is used in the ague; in dysentery, after the bowels are cleansed by physic, and finally in all cases of debility, it has the same effect as Peruvian bark.

*Sanicle, Black Snake-root (Sanicula Marilandica).*—It is a cordial, stimulating, and diaphoretic medicine, and is used in complaints of debility to renovate and strengthen the system. It is generally found in meadows, bears a number of burs on the top, the root is dark colored, and has an agreeable strong smell.

*Skunk Cabbage.*—Grows ten or twelve feet high, by the side of rivers, lakes, or ponds. The berries hang in bunches, about the size of a white bean, containing a kind of stone, and when ripe they are black, of a sweetish taste. In the hectic fever attending complaints of the lungs and breast, a tea made of the bark is more effectual as a febrifuge than anything else yet known.

*Tansy (Tanacetum Vulgare).*—Relieves hysterical affections. A wine-glassful of tansy juice will throw



off an ague fit, if taken a few minutes before the attack.

*Wormwood (Artimisia Absinthium).*—Is also well known. A handful to a quart of boiling water, in the dose of a tea-cupful, or a tea-spoonful of the powdered leaves three times a day, is excellent for worms, hysterics, weakness of the stomach, difficult menstruation, intermittents, jaundice and dropsy. Externally, as a poultice, it is good for bruises, &c.

*Horse-Radish (Cochlearia Armoracea).*—This is an anti-scorbutic and stimulating medicine. It may be taken either in substance or infused in wine, for the scurvy, dropsy, palsy, chronic rheumatism, &c. An infusion of horse-radish in milk is the best cosmetic for the ladies, and, steeped in vinegar, it removes freckles from the face.

*King's Evil Weed.*—Grows in the woods, somewhat like a plantain, but the leaves are smaller, spotted, green and white, and a single stalk runs up from the middle of the plant six or eight inches high, bearing on the top a small round bud. It is considered an infallible cure for King's evil. Make a poultice of the whole plant, and apply it to the swelling, and use a tea of the same for constant drink.

*Oak of Jerusalem, or Wormseed (Chenopodium Anthelmenticum).*—This is a vermifuge or anthelmintic medicine, that is good to destroy worms. A table-spoonful of the juice of the plant expressed or squeezed out in a dose. The seed may be boiled in milk; give a wine-glassful. Or one or two tea-spoonfuls of the seed itself may be mixed with molasses or honey, and given to a child two or three years old, on an empty stomach, twice a day, and continued several days.

*American Senna (Cassia Marilandica).*—Grows well in this country, is very easily raised from the seeds, and ought to be cultivated in every garden. It is well known as a physic for children; a handful of

the leaves to a pint of hot water, and a teacupful or less every hour or two, till it operates.

*Yellow Dock.*—Is very effectual in cleansing the blood of humors. An open cancer has been cured by applying the narrow-leaved dock as a fomentation and poultice, and by drinking each day from a pint to a quart of the decoction.

*Gravel Weed.*—Grows on dry land where winter-green is found. The stalk rises not much from the ground, but runs along and takes a new root. The leaf is oval, of a pale green, thick and rough, but not hairy, as wide as a spoon bowl, but not so long, and bears a small white blossom. It grows in little beds or mats, like camomile, with the leaves thick together, almost one on the top of the other. It is injured by boiling. An infusion of the leaves and vines in hot water, is said to be an effectual cure for gravel in the kidney, or stone in the bladder. The use of it must be continued for some time.

*Sarsaparilla (Smilax Sarsaparilla).*—It is good for impurity of the blood, and is used for scrofula, rheumatism, disorders of the skin, &c. If used in decoction, a large handful of the root may be boiled away one third in a quart of water, or two drams of the powder, or one of the extract, may be given three or four times a day.

*Beth Root (Trillium Rhomboïdum).*—Grows about a foot high, three oval leaves at the top of the stalk, and one flower of a purple color, bell-shaped, which produces a small berry, containing the seed. The root is brown, bulbous, and full of small fibres. It is tonic, astringent, and antiseptic. A tea-spoonful of the powdered root, three or four times a day, is used in spitting blood, immoderate courses, and bloody urine. A poultice of the root is applied to putrid ulcers, and to stop mortification.

*Tag Alder.*—The bark of the roots boiled in cider, is the best thing to cleanse the blood in the spring of

the year. Take a tea-cupful every hour or two, until it operates as physic.

*Lungwort (Lichen).*—Is a thin shell or skin resembling the lungs, which grows on the bark of the white-oak tree. A handful to a quart of boiling water, may be used as a common drink for consumption and hooping cough.

*Ladies Slipper.*—Is well known. A decoction of the root is a febrifuge (a remedy for fever), and a fine regulating medicine in female complaints.

*Rattlesnake's Plantain.*—Grows in almost every meadow. The leaf is more notched and smaller than the common plantain, and the root has a hot, peppery taste. A poultice of the fresh pounded leaves is celebrated for curing the bite of a rattlesnake.

*Blue Flag (Iris Pseudacorus).*—Grows by the brink of rivers, in swamps, and meadows; blossoms in July; blue flowers, variegated with white, yellow, and purple. A teaspoonful of the juice, diluted with water, is an active cathartic, and the decoction for constant drink is used in venereal complaints.

*Sassafras (Laurus Sassafras).*—It is an aromatic or pleasant tonic. Sassafras, prickly ash, dogwood, and American gentian, makes as powerful and as pleasant a bitter as the foreign gentian, colombo, Peruvian bark, cloves and cinnamon, that we buy at the Druggist's store.

*River Willow.*—An ointment to cure the salt-rheum is made from the bark of this root, blue flag, and skunk cabbage roots.

*Milkweed (Vincetoxicum).*—It is sometimes called silk weed, and is well known. A decoction of the root in doses of a gill or more, three or four times a day, has the reputation of being an effectual cure for the dropsy, and beneficial in gravel, scrofula, and rheumatism.

*Peach Tree (Amygdalus Persica)*.—Both the leaves and flowers are excellent physic, and can easily be gathered by every family. A tea-spoonful of a strong infusion with boiling water, sweetened and taken every hour or two, will operate mildly on the bowels, without griping as senna does. Grown persons may take of the infusion from a gill to half a pint, once in two or three hours.

*Valerian (Valeriana Officinalis)*.—Grows abundantly near the Ohio river, two or three feet high; the leaves are in pairs, large, hairy, and of a dusky green color. The flowers stand in large tufts on the tops of the branches, of a pale, whitish-red color. The root consists of a number of slender fibres, matted together, and attached to one head; it has a brown color, and strong, unpleasant smell. Valerian root has long been recommended by the most learned physicians as a medicine of great use in debilities of the nervous system, especially in hysterics and hypochondriasis. Boiling injures it. The common dose is from a scruple to a dram in powder.

*Butternut Tree (Inglans Cinerea)*.—For diarrhœa, dysentery, and costiveness, it is about the best physic that grows. The bark of the root should be collected in May or June; after cleaning, cutting, and bruising, should have eight times its weight of water added to it; it should then be boiled to one half, strained through a thick cloth, and afterwards evaporated to the consistency of thick honey, at such a distance from the fire that it shall not be burnt in the least. It may then be dried in a warm oven until it will pill; take from three to five pills the size of a pea.

*Ground Pine (Arthetica)*.—Grows in stony lands, about six inches high, sends out many small branches, with small, narrow, grayish leaves, somewhat hairy, flowers of a pale color, growing from the joint of the stalk among the leaves, terminating in small round husks. It is used for the same purpose as blue cohosh. Steep a handful of the leaves and flowers in a pint of

wine, and take a wine-glassful two or three times a day.

*Blue Cohosh (Caulophyllum Thalictroides).*—Is an excellent remedy in rheumatism, dropsy, and obstructions of the menses or courses. A handful of the root to a quart of boiling water—drink a tea-cupful three or four times a day. Or put the same quantity in a quart of spirits, and take a wine-glassful two or three times a day.

*White Poppy (Papaver Somniferum).*—The milky juice that exudes from the poppy, by drying away in the sun, becomes pure opium. A decoction of the plant, especially of the capsules or heads, boiled down to an extract, has the properties of opium, though it is not so powerful. A strong decoction of dried poppy heads, adding half the quantity of sugar or honey, and then simmered slowly for an hour, is an excellent anodyne for coughs, and breast complaints, in the dose of a table-spoonful.

*Peppermint (Mentha Piperita).*—Is a diffusible stimulant, good in flatulent colics, hysterics and vomiting. In cholera morbus, peppermint steeped in spirits, and the herb applied hot to the stomach and bowels, will stop the puking, so that physic can be kept on the stomach.

*Charcoal of Wood (Carbo Ligni).*—In fifteen or sixteen cases of obstinate constipation of the bowels, Dr. Daniel, of Georgia, administered three table-spoonfuls of pulverized charcoal every half hour, and in about seventeen hours the bowels were freely evacuated. It is slow, but sure. A table-spoonful two or three times a day will remove costiveness. In smaller doses it corrects a bad breath, and prevents putrid belching of wind from the stomach. It is a powerful antiseptic, or anti-mortification remedy.

*Ergot, Smut Rye, or Spurred Rye (Secale Cornutum).*—Flooding has been checked, and suppression of the courses has also been removed by Ergot. Boil

gently thirty grains of the powder in half a pint of water, and give one third of it every twenty minutes to bring on effectual pains in lingering labors. When the pains commence discontinue it.

*Hops (Humulus Lupulus).*—Contain an aromatic, an astringent, a tonic, and a narcotic principle. The first three are obtained by infusion (steeping) in water. The second and third are also obtained by decoction, (boiling,) but the first, or aromatic principle is then destroyed, or driven off, and the fourth, or narcotic principle is not obtained by steeping or boiling. As alcohol or spirits extracts all its virtues together, it is better perhaps either to take the tincture, from a half to a whole dram, once or twice a day, or the substance itself, in powder, in the dose of three grains. It is given as an anodyne in rheumatism and gout; a pillow of hops is used to procure sleep; and an ointment of the same has relieved the violent pain of cancer when all other applications were ineffectual.

*Sweet Fern (Polypodium, or Comptonia Asplenifolia).*—Grows in woods and stony places, flowers from June to October, and is well known. It is a powerful medicine to expel the tapeworm, in the dose of a pint a day of the decoction, or one or two tea-spoonfuls of the powder; to be followed on the fifth day by a dose of some kind of physic. It is also good in chronic rheumatism, and a wash of it is considered beneficial in St. Anthony's fire, and other cutaneous affections.

*Meadow Saffron (Colchicum Autumnale).*—Is of a purgative, emetic, diuretic, and anodyne nature. The bulb of the root and the seeds are used in gout, rheumatism, asthma, and dropsy. Colchicum root is distinguished by a small projection, like a nail or peg on one side at the bottom part of the bulb, which makes it totally different from every other bulbous root. In July it is to be dug, sliced, and dried for use. An ounce of the seed to a pint of wine—macerate for fourteen days, and filter through paper. Dose, one tea-

spoonful. The dose of the dried bulb is from two to eight grains, which may be repeated every four or six hours, till the effects of the medicine are obtained.

*Witch Hazel* (*Harmamelis Virginiana*).—The habits of this well known shrub are very singular; it blossoms in the fall after its leaves are destroyed by frost, and the fruit thus exposed to the severity of winter, is not injured at all, and does not ripen until autumn the next year, when it flowers again; and then ripe fruit and blossoms will be found on the same tree. The twigs and flowers in decoction are esteemed a valuable tonic, similar in virtue to good wine.

*Prickly Ash* (*Aralia Spinosa*). A watery infusion of the inner bark is a good sudorific (sweating) medicine, and removes the pains of chronic rheumatism. The berries, sometimes called Indian cloves, are used in the form of tincture with spirits for the toothache.

### Directions for Collecting and Preserving Vegetables.

*Roots*—Should be gathered before the sap rises in the spring, or after it returns in autumn, and taken from the driest land where they grow. In washing, let them remain in the water as short a time as possible, or dry them without washing, and clean with a brush afterwards. Virtue is retained, by keeping in dry sand.

*Seeds and Fruits*.—Are generally to be gathered when ripe; *Sprouts*, before the buds are open; *Stalks* in autumn, and *Barks* in spring and autumn.

*Leaves and Flowers*.—Should be gathered in dry weather, after the dew is off, and while they are in full vigor. They may be tied in small bundles and hung up to dry; but the better way is to dry them quicker, by the gentle heat of a stove or fire-place.

*Warts*.—Frequently wash them with a strong decoction of oak bark, or wet lunar caustic and rub it on the warts a few times.

## PART X.

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### DISEASES OF CHILDREN.

*Treatment of Infants.*—Many children are troubled with a constant disease of the bowels. Some physicians call it a “consumption of the bowels, chronic dysentery, &c.” Its symptoms are deformity, largeness of the head, suspension of growth, leanness and emaciation, &c. Such children, for want of proper attention, often grow up sickly and deformed with the rickets, and in after life unable to enjoy the blessings of a pleasurable existence.

It is my belief, if they were fed frequently with the syrup we give below, much of the evil, if not all, might be prevented. It would expel the humors and impurities from their blood which they inherited from their parents before them, and render them healthy and happy.

*Infants' Syrup.*—The syrup is made thus: one pound best box raisins, half an ounce of anise-seed, two sticks liquorice; split the raisins, pound the anise-seed, and cut the liquorice fine; add to it three quarts rain water, and boil down to two quarts. Feed three or four times a day, as much as the child will willingly drink. The raisins are to strengthen, the anise is to expel the wind, and the liquorice as a physic. This syrup causes the humor to appear on the surface of the body; then rub on the green ointment, to kill the humor as it makes its appearance. Apply bandages to the joints that are weak, till they become strong. Do not omit the salætatus wash every day, and wash also every day with the *soothing lotion*, mentioned in this book.



*Cholera Infantum.*—This disease prevails during the summer, and attacks children from a week after birth until two or three years old. It is attended with vomiting—purging of green or yellow matter, of slime, or of blood—attended with pain, swelling of the belly, and heat of the skin, growing worse towards evening. It is generally attributed to hot weather, and is aggravated by teething or excessive use of fruit.

In this disease the stomach and bowels must be evacuated, and afterwards give charcoal and magnesia, or the latter alone. When there is much irritability, clysters of flaxseed tea, mutton broth, and starch, with a little laudanum in them, will give ease. Fomentations to the bowels and abdomen are useful. After the violence of the symptoms are over, give the Peruvian bark in powder or decoction, adding a little nutmeg. Or, use a tea of avens, or bayberry-root, or the leaves of red raspberry. The removal of children to the country—abstaining from fruit—the use of flannel and the cloth bath—are the means prescribed for prevention.

*Hiccups.*—Hiccups generally arise from a sour stomach, and may be cured by giving eight grains of prepared chalk, mixed with two grains of rhubarb, in a little gruel.

*Gripping and Flatulency.*—Their presence is manifested by continual crying, restlessness, and drawing up the legs. When attended by diarrhœa and given stools, it is generally relieved by giving a few grains of rhubarb and magnesia; but if the pains are very great, take of prepared chalk one scruple, tincture of caraway seeds three drams, compound spirit of lavender one dram, peppermint-water two ounces, laudanum five or six drops; mix together and give two teaspoonfuls immediately, and as soon as the pain ceases, a cathartic of castor-oil will be proper. The above mentioned absorbent mixture may afterwards be continued occasionally in smaller doses, omitting the laudanum.

*The Thrush.*—The thrush makes its appearance by little ulcerations in the mouth, tongue, &c., of a white color, and sometimes of a yellow appearance. It is owing to acidity or sourness of the stomach, and nothing is better at first, than to give an emetic, and then a little magnesia and rhubarb, with weak chicken-broth as drink. The absorbent mixture will also be proper, and if there is no looseness, give three or four grains of rhubarb, cleansing the mouth and throat by gargles, such as sage tea sweetened with honey, alum water, or borax. The syrup of black currants may be given to children in the thrush, in the dose of a tea-spoonful at a time; it is made by dissolving twenty-four ounces of double refined sugar in one pint of the strained juice, and boiling down to a syrup.

*Cutaneous Eruptions.*—All that can be done to advantage is to keep the bowels open, and to guard against cold, which might drive the eruption inward, and occasion internal inflammation. If there should be any sickness and vomiting, give the absorbent mixture.

*Diarrhœa.*—If the stools are green, this will be relieved by a purgative of 4 or 5 grains of rhubarb, according to the age of the child; after its operation, the absorbent mixture may be given. If the stools are very frequent, slimy, or tinged with blood, it will then be proper to give five grains of rhubarb every four or six hours, and let the food be beef tea, sago, isinglass in milk, or calf's-foot jelly. The body should be wrapped in warm flannel, and a small blister may also be applied to the belly.

*Falling down of the Fundament.*—Falling down of the fundament happens frequently to children who cry much, or have had a diarrhœa, or from straining on going to stool. If the child be costive, give mild clysters; and if the gut be swelled or inflamed, foment with warm milk, or decoction of oak bark, or wash fre-

quently with cold water. The parts are to be replaced by the finger, and supported by a truss, or bandage. The internal use of tonics will also be proper.

*Dentition, or Cutting Teeth.*—Leeches, or blisters, may be applied behind the ears. The gums ought to be divided crosswise by a lancet, or sharp knife, and any person can perform the operation as well as a doctor. If the bowels are costive, they should be kept regular by gentle physic, as oil, rhubarb, &c.; and if there is looseness, it should not be checked. Instead of anything hard, let the child nibble at a piece of wax candle.

*Convulsions.*—Children are liable to convulsions from teething, wearing tight clothes, small-pox, measles, &c. Bathing in warm water, with a mild clyster, will soon relieve them; and to make the fit still shorter, cold water may be poured over the face and neck, while the remainder of the body is immersed in the warm bath.

*The Rickets.*—This disorder exhibits itself in the bones of children, and is generally caused by improper nursing. It usually appears about the eighth or ninth month, and continues to the sixth or seventh year. The head becomes large, and the bones continue separate for a long time; the countenance is full and florid; the joints knotty and distorted; the belly swells, and there is finally a cough and disorder of the lungs. The understanding is generally more forward than common. In this disease cold sea bathing is of great importance, after which the child should be rubbed and placed between two blankets to encourage perspiration. The back should be well rubbed with opodeldoc, or good old rum, as often as every night. A few grains of ipecac, may be given occasionally. Mineral water is beneficial, and so is a decoction of Peruvian bark with red wine, used with moderation. Exercise in a dry clear air should be encouraged; the diet should be light and

well seasoned; and so far as it can be done without causing pain, the limbs should be kept in a proper situation by the use of some kind of bandage or instrument.

*Inward Fits.*—These are known by the infant appearing as if asleep; the eyelids, however, are not quite closed, but frequently twinkle, and show the white turned upwards; the mouth sometimes has the appearance of a laugh or smile; the breath is either quick, or stops for a time; the eyelids and lips are pale and dark alternately. The infant startles on the least noise, and sighs deeply, or breaks wind. This relieves him for a little, but he soon relapses into a doze. Whenever these symptoms are noticed, the child may be awakened, and its back and belly should be well rubbed before the fire until wind escapes: at the same time two drops of the oil of anise or caraway may be given in some kind of drink; and as soon after as possible, a purgative of castor-oil should be given to empty the bowels of whatever crude matter may have occasioned the disorder.

*Distortion of the Spine.*—In this affection, an ounce of prevention is worth more than all the cure that has ever been discovered. The child's back bone should be frequently and closely examined, and on the slightest appearance of any deformity, it is to be washed with brandy night and morning, and the child kept in a straight posture both sleeping and waking; cold bathing is also good.

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### **Dropsy on the Brain or Hydrocephalus.**

*Causes.*—Those of a scrofulous habit of body are naturally predisposed to it; and hence it is that children sometimes inherit a predisposition to it from their parents. Others, however, are liable to it from falls, blows on the head, or from any cause that produces

irritation of the brain. It is generally supposed that the serum or watery fluid is effused on the brain as a consequence of the inflammatory action existing there in the first and second stages of the disease.

*Treatment.*—In the first stage, the patient is sometimes cured; in the second, very seldom; in the third, almost never; in the fourth, never. Unless, therefore, it be attended to in the very beginning, medicine is of little avail, and the patient will generally die in about three weeks. The inflammation is to be subdued by bleeding, leeches or cupping to the head and temples, and a blister on the back of the neck. The bowels must be thoroughly cleansed by some active cathartic, as jalap. Ptyalism, or sore mouth, should then be attempted, by giving a grain or two of calomel once in an hour or two, until the gums begin to be sore, and the bowels are to be kept open by giving other physic if necessary. Digitalis or foxglove may be given during the fever, in the common dose for children, which will have a tendency to diminish the arterial action. After reducing the inflammation, the warm bath and diaphoretic medicines are proper. If the complaint should thus be happily arrested, the strength must be restored by nourishing food and tonic medicines—taking care to keep the head cool, the bowels in good order, and a seton, or issue, should now be applied and continued for some time to the back of the neck.

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### **Inflammation of the Trachea, Hives, Rattles, or Croup.**

*Croup.*—Croup is an inflammation of the trachea, or lower part of the windpipe, and is mostly prevalent among children. They are most liable to it between the first and third years of life, though sometimes it is met with later.

*Symptoms.*—Inflammatory croup is often preceded by the symptoms of a common catarrh, or cold; but

sometimes it comes on without any previous indisposition. The child is attacked with fever and a very singular cough. It is easily distinguished by that crowing or croaking noise which in this disease always accompanies the act of coughing. The pulse is hard and quick; the child is restless and uneasy; and yet he will frequently be seen taking food and running about while the disease is making rapid progress. The cough and wheezing steadily continue to increase; the breathing becomes more difficult, and if left to itself, the patient will die from suffocation within the short time of three or four days. To give an idea of this complaint, it is proper to remark that, if nothing be done to arrest it within the first twelve hours, it is generally beyond the reach of medicine.

*Causes.*—Cold, and exposure to a damp atmosphere, are most commonly the exciting causes: but those who have an attack of the croup are more liable to have it again than those who have never had it; and in such constitutions a common cold will often be attended by croupy symptoms until the thirteenth or fourteenth year of life. In its most malignant form this disease is by some considered contagious or catching. Authors and practitioners, however, are not agreed on this point—and who shall decide when doctors disagree?

*Treatment.*—A small bleeding must be immediately resorted to; an emetic should then be given, and the bleeding promptly repeated as often as the symptoms require it. It is generally the case, however, that one bleeding from the arm is sufficient; and as soon as the emetic has operated, leeches, or a large blister to the throat, must not be forgotten. Nausea or sickness at the stomach must be kept up, but not so much as to induce any further vomiting: a small solution of tartar emetic, or ipecac, or squills, will do for this purpose; and if the emetic does not operate as physic, the bowels are then to be moved by a dose of some gentle cathartic. The tincture or decoction of digitalis (foxglove), in

small doses once in an hour or two, has a great effect in lessening the force of the blood in the arteries. Calomel in very large doses is said to perform wonders. Dr. Ewell speaks of it in the most exalted terms, and I trust I shall need no apology for introducing the testimony of his own words :

“ The most speedy and efficacious of all remedies, in this alarming disease, which has come under my notice is calomel in very large doses. For this valuable remedy, I acknowledge myself indebted to my excellent and very learned friend, Professor Davidge of Baltimore. From him I have been emboldened to use it in desperate cases, in doses from thirty to sixty grains, to children. On my own daughter, only four years old, and apparently in the very act of suffocation, I used it in the dose of at least sixty grains. The cure was almost instantaneous. Among other instances of cure as surprising, was one in the infant of my amiable friend, Mrs. Chalmers, lady of the Rev. Mr. Chalmers, of Washington. The dose was forty grains. The cure was so immediate, that the overjoyed parent insisted I would instruct her in the remedy, for fear, on the next attack, I might not be in the way to prescribe.”

*Note.*—The warm bath should seldom be omitted in this disease.

*The Sleep of Infants.*—Infants cannot sleep too long ; and to awaken them with a noise, or in a very impetuous manner, is extremely improper ; and suddenly exposing them to a glaring light, lays a sure foundation for weak eyes.

Never administer spirits or drops to make the infant sleep, if it be possible to avoid it. Let their diet, as they grow, be simple—and the more simple, the better they will thrive.

*The Bodily Habits of the two Sexes the same.*—It is too much the case that parents, being anxious to accomplish their girls, imagine that they must be kept

under a certain restraint. Boys are not laced—but poor girls are compressed tight enough to suffocate them, in order to give them *an elegant shape!* The contrary effect, however, is always produced—for it is the sure way of making children round-shouldered and deformed.

*The Yellow Gum.*—It is known by a yellow tinge of the skin, with languor, and a tendency to sleep. To cure it, give a tea-spoonful of castor oil; keep the bowels open and regular, and in a few days it will pass off.

*Aphthæ, or Thrush.*—These are little whitish ulcers affecting the mouth, tongue, throat, and stomach. It is difficult to apply remedies in this disease to young children. The nurse may rub the child's mouth with a little borax and honey, to which a little burnt alum may be added sometimes, keeping the bowels open with magnesia.

*Acidities.*—The magnesia, given in food, purges, and at the same time corrects the acidity, and thus carries off the cause. Where there is griping, rub a little brandy or any spirit on the bowels, warm, before the fire. If any thing be given internally, let it be a little peppermint, anise, checkerberry, and the like.

*Galling and Excoriation.*—Wash the parts frequently with cold water, and sprinkle on some absorbent powder, as burnt hartshorn, chalk, or flesh powder. Washing the parts with water in which a little white vitriol has been dissolved, heals the sores very quick.

*Vomiting.*—When occasioned by too much food, promote the evacuation by an occasional tea-spoonful of lobelia tincture, or half a tea-spoonful of tincture of blood-root. When the food is of too acrid or irritating quality, it must be changed to that of a milder nature. Where this cannot be done, a little magnesia, soda, lime-water, or weak pearlash-water, may be given to neutralize the acidity.



## PART XI.

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### CHOICE MEDICAL COMPOUNDS, TO BE KEPT ON HAND.

THE DOSES MENTIONED BELOW ARE GENERALLY INTENDED  
FOR ADULTS.

Children of 14 years,	may take	two-thirds of a dose.
" 7 " "	" "	one-half.
" 5 " "	" "	one-third.
" 3 " "	" "	one-fourth.
" 28 months "	" "	one-fifth.
" 14 " "	" "	one-eighth.
" 7 " "	" "	one-twelfth.
" 2 " "	" "	one-fifteenth.
" 1 " "	" "	one-twentieth.
" under 1 " "	" "	one-twenty-fourth.

#### *To Measure Medicine instead of Weighing.*

A drachm of any substance that is near the weight of water, will fill a common tea-spoon level full. Four tea-spoonfuls make a table-spoonful, or one-half of an ounce; two table-spoonfuls an ounce, and so on. One the same principle, one-third of a tea-spoonful will be one scruple, or twenty grains in weight.

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#### **List of Simples, to Keep on Hand for Family Use.**

*Senna*—Dose: a table-spoonful of the leaves steeped, for a child.

*Hot Drops*—Dose: 20 drops in water, for a child.

*Sweet Tincture of Rhubarb*.—Dose: from a tea-spoonful to a table-spoonful, for a child.

*Pennyroyal*—For colds.

*Red Raspberry Leaves*—For canker, dysentery, &c.

*White Lily Root*—For canker, &c.

*Slippery Elm*—For poultices, and for a drink.

*Mullen Leaves*—For poultices and fomentations.

*Avens Root*—An astringent and tonic.

*Castor Oil*—Dose: for an adult, a table-spoonful; for a child, a tea-spoonful.

*Camphor*—Dose: a tea-spoonful.

*Composition*—Dose: a tea-spoonful.

*Cranesbill*—For canker.

*Paregoric*—Dose for a child, 5 to 20 drops.

*Lobelia, or Blood-root Tincture*—Dose: a tea-spoonful for an adult.

*Wormwood*—For bruises and worms.

*Boneset*—A tea for colds, &c.

*Wine Ipecac*—Dose, to act as an emetic, fifteen drops, repeated every fifteen minutes till it operates; for an adult, a tea-spoonful, repeated as above.

*Syrup Squills*—Dose, for a child, half a tea-spoonful.

*Sweet Oil*—*Sage*—*Thoroughwort*—*Catnip*—*Spearmint*—*Valerian*—*Burdock Leaves*—*Hoarhound*, &c.

### Liquid Measure.

A Pint	contains	Sixteen Ounces.
A Tea-cup	"	A Gill.
A Wine-glass	"	Two Ounces.
A Table-spoonful	"	Half an Ounce.
A Tea-spoonful	"	Sixty Drops.
Four Tea-spoonfuls are equal to one Table-spoonful.		

### Dry Measure.

A Table-spoonful	contains	Four Drachms, or $\frac{1}{2}$ an oz.
A Tea-spoon	"	One Drachm.
A Tea-spoon	"	Sixty Grains.

### Signs Used by Physicians in Writing their Recipes.

*℔* denotes a pound.

*℥*, an ounce.

*ʒ*, a drachm.

*ʒ*, a scruple.

*gr.* a grain.

*Rx*, recipe.

*ana*, of each alike.

*Coch.* a spoonful.

*P. Æ.* equal quantities.

*ss.* half of anything.

*iss.* one and a half of anything.

*q. s.* sufficient quantity.

*q. pl.* much as you please.

*O.* a pint.

*M.* 60th part of a fluid drachm.

*ʒ.* one of anything.

*ij.* two of anything.

*ijj.* three of anything.

*iv.* four of anything.

*x.* ten of anything.

*xij.* twelve of anything.

*f.* prefixed to *dr.* or *oz.*, denotes fluid drachm, or ounce.

*gt.* a drop.

*℥ iv.* v. a cupful.

*℥ iss.* to *℥ ij.* a wine-glassful.

*f. ℥ ss.* a table-spoonful.

*f. ℥ ij.* a dessert-spoonful.

*f. ℥ j.* a tea-spoonful.

*Pugillas*, as much as can be held between the thumb and finger.

## Table of Medicines, their Doses and Qualities.

<i>Medicines.</i>	<i>Dose for an Adult.</i>	<i>Qualities</i>
Peruvian bark	A table-spoonful	To strengthen.
Wine of Antimony	3 to 4 tea-spoonfuls	Emetic.
do. do.	20 to 60 drops	To sweat.
Aloes	5 to 20 grains	Physic.
Calomel	8 to 25 grains	Active physic.
Camphor	4 to 20 grains	Stimulant.
Créam of Tartar	1 or 2 table-spoonfuls	Cooling, gentle physic.
Colombo	10 to 60 grains	Strengthen the stomach.
Prepared Chalk	25 to 50 grains	Absorbent.
Camomile Flowers	Table-spoonful decoction.	Strengthen the stomach
Castor Oil	Table-spoonful [water	Purgative.
Elxir vitriol	15 to 20 drops in 1 gill of	Strengthen.
Spirit Hartshorn	{ Half a tea-spoonful in }	Stimulant.
	{ 1 gill of water }	
Honey	2 tea-spoonfuls	For cough.
Ipecacuanha	15 to 25 grains	Emetic.
Jalap	15 to 30 grains	Physic.
Laudanum	20 to 60 drops	Anodyne.
Magnesia	Tea-spoonful	Absorbent.
Manna	1 or 2 ounces	Mild laxative.
Olive Oil	Half a tea-spoonful	Loosening.
Opium	1 to 2 grains	Anodyne and narcotic.
Paregoric	1 to 2 tea-spoonfuls	Anodyne and pectoral.
Pink Root	Strong tea	For worms.
Powdered Rhubarb	25 to 50 grains	Cathartic
Rust of Steel	5 to 25 grains	Strengthen.
Epsom Salts	Half an ounce to 1 ounce	Physic.
Senna	Strong infusion	Physic.
Spirits of Lavender	30 to 60 drops	Cordial.
Flour of Sulphur	2 to 8 drachms	Gentle physic.
Tartar Emetic	3 to 10 grains	Emetic.
Tincture Iron	8 to 16 drops	Strengthen.
" Bark	2 to 6 drachms	Strengthen.
" Rhubarb	1 to 2 ounces	Cathartic and tonic.
" Foxglove	10 to 20 drops	Increase urine.
" Cantharides	10 to 15 drops	Stimulant.
" Colombo	1 to 4 drachms	Strengthen.
" Myrrh	20 drops	Detergent.
Virginia Snake-root	10 to 20 grains.	To stimulate stomach.
Quinine	1 to 5 grains	Ague and fever.
Gentian	Half a drachm	Strengthen stomach.
Catechu	10 to 20 grains	Diarrhoea.
Syrup of Squills	1 drachm	Expectorant.
Rochelle Salts	1 oz., dissolved in water	Physic.
Croton Oil	{ 1 drop in sugar every }	Active Physic.
	{ 15 minutes }	
Spirits of Nitre	1 drachm	To sweat.
Seneca Root	10 to 20 grains	Expectorant.
Nitre (Saltpetre)	5 to 10 grains	For fever.
Sarsaparilla	Strong decoction	To purify the blood.
Solution of Arsenic	5 to 10 drops	{ To strengthen against }
		{ ague and fever }
Lobelia	{ 2 drachms of the tincture, repeated every }	Emetic.
	{ half hour. }	

## PART XII.

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### ACCIDENTS OR EMERGENCIES

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#### **How to be Prepared for them.**

ONE ought to consider every possible accident that may occur, so as to be prepared for any emergency. The surest way to have presence of mind, is to have planned everything beforehand.

You may fall from a height—practise jumping from slighter elevations, relaxing your joints and muscles so as to alight with the greatest ease.

You may fall into a river—learn to swim, or at least to float, which you can do by merely holding your head back and keeping your arms under water.

The house may catch fire—have what you would prefer to save where you can lay your hand on it. If the rooms fill with smoke, get out on your hands and knees, the purest air being near the floor. If your room is high, and there is no other escape, get upon the roof, or let yourself down from the window by the bed-cord, or a rope made of the sheets and pillows. One can rush through the fire and smoke by having a wet silk handkerchief over the face.

When a house first catches fire, you can put it out with a mop and pail of water, or smother it in woollens.

If the chimney takes fire, so as to endanger the building, you can put it out by throwing upon the fire a handful of sulphur, or putting a wet blanket over the fireplace.

If your clothes catch fire, lay down on the floor or carpet and smother it out. If you see the clothes of

others on fire, throw them down, and wrap them up in a carpet, rug, or any other woolen article ; or in any way smother the fire.

N. B. Probably an hundred children are killed every year by their clothes taking fire. Every such case might have been prevented, had they worn woolen clothes.

If the boiler of a steamboat explodes, throw yourself flat on your face, and avoid inhaling the steam.

If you are run away with in a carriage, stick to your seat, as long as it holds together. People are almost always killed or severely injured by jumping out.

If a person near you is struck with lightning, dash pailfuls of cold water over them, standing at the head, so that it may receive the principal shock—and persevere in this for at least half an hour.

To apparently drowned persons do not use violence, such as rolling on a barrel, &c., but get them stripped and into hot blankets, hot clothes, with friction, bottles of hot water to their feet and hands, and inflate their lungs, so as to produce breathing artificially. This, if anything, will bring them to.

Persons who faint away, come to if placed in a horizontal position.

If you have swallowed poison, take as quickly as possible some rapid emetic—a table spoonful of ground mustard in a tumbler of warm water is as good and handy as any.

The hydro-peroxide of iron is a perfect antidote to arsenic or ratsbane. Iron rust in water will answer. It may be taken freely.

Sharp vinegar or lemon juice, corrects the effects of opium, but it should be got out of the stomach if possible.

In case of a wound, if a vein is injured, the ligature must be below, but if an artery, above the wound—in the artery the blood is of a lighter red, and flows by jerks. The great artery of the leg may be compressed by the thumb, at the groin, where it presses over the hip-bone. In this way life may be saved, where other-

wise, a person would bleed to death in a few moments. Hemorrhages or common bleeding may be stopped by lint and cold water, or water and a little pearlash, or powdered alum, or burnt sponge, or a weak solution of kreosote, or by any powerful acid or alkali, or by merely mechanical means. Bleeding at the lungs may be checked by inhaling the vapor of kreosote, made by dropping the solution on a hot shovel.

If bitten by a mad dog, cut out the wound as quickly as possible, and wash the wound thoroughly in aqua-ammonia, or, for want of that, in a solution of potash or common salt. The bite of the rattle-snake, and most common bites and stings, may be cured in this way.

When men are overpowered by choke damp in descending a well, dash down some pails of water upon them, before you descend to their assistance, and be securely lashed before you descend. Cold water should also be dashed over persons supposed to be killed in this way, or by the fumes of charcoal.

Most animals can be cowed by steadily looking them in the eye. If attacked by a dog, bear, or any beast of prey, seize him by the roots of the tongue—if by an alligator, gouge out his eyes. A mad bull may be held by one horn, and grasping with the thumb and finger the middle gristle of his nostril, or he may be held fast to a post or sapling by his tail, if you can take a turn and belay.

*Remedies for Poisons.*—It is very important to be familiar with this subject, because poisons are frequently taken, by mistake, for medicines, and are often so rapid in their effects as to produce death before aid can be called. The stomach-pump is unquestionably the best expedient in such cases; but before a physician can be obtained, the following antidotes may be used.

*For Corrosive Sublimate.*—Give the white of an egg every two or three minutes, or copious draughts of linseed tea, or rice-water, or even warm water

with emollient clysters, and warm fomentations to the bowels.

*Sugar of Lead.*—Give Epsom salts in large quantities, or water with some acid in it, or large draughts of warm water.

*For Opium, Laudanum, Hemlock, and other Vegetable Poisons.*—Drink freely of vinegar or lemon-juice. If vomiting has been occasioned by the poison, and the efforts are still continued, promote it by large draughts of warm water, or thin gruel.

*For Tartar Emetic.*—Give strong green tea, oak or willow bark, in large quantities, to dilute and decompose the poison.

In stings from bees and other insects, bathe with salt and vinegar, or sal-ammoniac and vinegar.

In case of poison from the bite of venomous reptiles, apply a poultice of tobacco and vinegar. A lobelia emetic has great effect in expelling the poison.

When poisoned by dogwood, ivy, or swamp sumach, dissolve a quarter of an ounce of copperas (sulphate of iron) in a pint of water, and bathe the part affected.

Where a large quantity of opium or laudanum has been taken, the patient is to be kept in constant motion, on his legs or by shaking and moving his body, rubbing him at the same time with warm salt or other stimulating applications, to rouse the system from torpor.

Olive or sweet oil, mixed with warm milk and water, and drank plentifully until it acts as an emetic, is an antidote to poisons in general.

*Bite of a Rattlesnake.*—Half a wine-glass of olive oil, taken inwardly, is said to be a certain cure for the bite of a rattlesnake and other poisonous reptiles. A little should also be applied to the wound. *Another remedy* is the following:—The roots and branches of plantain and hoarhound, bruised in a mortar, and the juice expressed; of which give one large spoonful as soon as possible. In an hour, if necessary, give another spoonful. Apply to the wound a leaf of tobacco,

moistened in rum. This remedy was discovered by a negro, for which his freedom was purchased, and an annuity settled upon him by the general assembly of Carolina.

*For Oil of Vitriol, Tartaric, or Prussic Acid, or any other Acids.*—Give alkalies : as an ounce of magnesia, in a quart of warm water, a wine-glassful every two minutes ; soap suds, or chalk and water, will do, if magnesia is not at hand. Tickle the throat to produce vomiting, and drink freely of pearlash or lime water.

*For Potash, or other Alkalies.*—Drink freely of vinegar or lemon-juice.

*For Arsenic.*—In solution, drink pearlash water, or chalk and water. If arsenic in powder has been taken, give linseed tea, warm water, milk, water sweetened with sugar or honey, tickling the throat to promote vomiting.

*Drowned Persons.*—In attempting to recover persons apparently drowned, the principal intention is to *restore the natural warmth*. This must be done by rubbing the body with warm cloths, and by warm bricks applied to the stomach and bowels, palms of the hands and soles of the feet. Camphor, or some strong volatile spirits, must be applied to the nose and temples, and the spine of the back and pit of the stomach rubbed with warm brandy or other spirits. A strong person may blow his own breath into the patient's mouth, as hard as he can, holding his nostrils at the same time. When the lungs are inflated, stop blowing, and press the breast and belly so as to expel the air again. Let the operation be repeated for some time. If the lungs cannot be inflated in this manner, let it be tried by blowing through one of the nostrils, keeping the other closed. To stimulate the intestines, clysters of warm water, with a little salt, and some wine or spirits, must be used. And as soon as it can be made ready, the patient should be put into a warm bath. Until the



person shows signs of life, and can swallow, it would be dangerous to pour liquors into his mouth. His lips and tongue may be wet with a feather dipped in some strong spirits, and as soon as the power of swallowing is recovered, a little warm wine or cordial should now and then be given. Assistance must not be discontinued as soon as the patient gives signs of life, as persons have sometimes expired after the first appearances of recovery.

*Cautions in Visiting Sick Rooms.*—Never venture into a sick room if you are in a violent perspiration, (if circumstances require your continuance there for any time,) for the moment your body becomes cold, it is in a state likely to absorb the infection, and give you the disease; nor visit a sick person, especially if the complaint be of a contagious nature, with an empty stomach, as this disposes the system more readily to receive the contagion. In attending a sick person, place yourself where the air passes from the door or window to the bed of the diseased, not betwixt the diseased person and any fire that is in the room, as the heat of the fire will draw the infectious vapor in that direction, and you would run much danger from breathing in it.

*Sea-Sickness.*—Make some green tea, strong, with just as much sugar in it as will make it palatable, and bottle it up. When sickness begins to come on, take a cup full; and if that does not prevent the vomiting, let the stomach be completely emptied; take the same quantity, more or less, as the stomach is able to receive it; repeat it two or three times, and a restoration will take place.

*Security against Lightning.*—Silk is the most useful covering for the body; lightning cannot pass through a dry silk handkerchief, so decidedly a non-conductor is it. Hence, if worn next the skin, the air cannot absorb the electricity of the human body. Damp air is a conductor of electricity—dry air is a non-conductor; hence a dry place is the safest retreat.

*The Tongue.*—A white fur on the tongue attends simple fever and inflammation. Yellowness of the tongue attends a derangement of the liver, and is common to bilious and typhus fevers. A tongue vividly red on the tip and edges, or down the centre, or over the whole surface, attends inflammation of the mucous membrane of the stomach or bowels. A white velvety tongue attends mental disease. A tongue red at the lips, becoming brown, dry and glazed, attends typhus state.

*To Make Leeches Take Hold.*—To make leeches take hold on the spot required, take a piece of white paper, cut small holes in it where you wish them to bite, lay this over the place, and put the leeches on the paper. Not liking the paper, they will take hold of the skin where it appears through the hole.

*Castor-oil Made Palatable.*—Boil castor-oil with twice its quantity of milk, and sweeten it with sugar. Let it cool. Children will not refuse it.

*Poultices.*—A good poultice may be made of crumbs of bread boiled with milk, or sweet oil, or spring-water.

Brown sugar and soap make a good poultice, or salve, for a boil.

Four ounces of white lily roots, a pound of figs, and four ounces of meal or bean flour, boiled together with as much water as will cover them, make an excellent poultice for swellings and suppurating sores.

A good poultice for ordinary occasions may be made of bread boiled in milk.

For cancers and running sores, a grated carrot, boiled quite soft, makes a good poultice.

Salad leaves well boiled, make a poultice that relieves acute pain.

A poultice of flax-seed, or camomile flowers boiled with the tops of wormwood, make an excellent poultice for inflammations.

A *sinapism*, or stimulating poultice, is made by

using vinegar instead of water, and the addition of garlic, mustard, horse-radish, &c., to crumbs of bread, or to flour.

*To Purify the Atmosphere of a Sick Room.*—Keep always on the shelf of the washing-stand, or on the mantle-piece or table, or in a corner of the floor, a saucer, or small bread pan, or a shallow mug, filled with a solution of chloride of lime in cold water, stirring it up frequently. The proportion may be about a table-spoonful of the powder to half a pint of water. Renew it every two or three days. If the room is large, place the chloride of lime in more than one vessel. In stirring it, any unpleasant odor will be dispelled.

On going to sea it is well to take with you one or more quart bottles of this solution, to sprinkle occasionally about your state-room.

*Importance of Well-ventilated Apartments.*—A man consumes or spoils over one gallon of air in one minute; consequently, all closely-confined places must be very unwholesome. Candles and lamps become dim in public assemblies, and this is an indication of the impurity of the air. The perspiration from animal bodies is exceedingly injurious in a confined space. Every room ought to be completely purified, by the opening of the door and windows at least once in the day. A close bed-room is also extremely unwholesome, neither ought the bed to be surrounded with curtains.

The fire-place should never be stopped up by chimney-boards, but in damp and very cold weather a fire is essential to health, care being taken that the room is not over-heated. Many dangerous colds are caught, by those whose lungs are delicate, by changing the atmosphere of a warm and dry sitting-room for that of a damp and cold bed-chamber.

*Three Rules for Preserving good Health.*—1st. Keep the feet warm; 2d. The head cool; 3d. The bowels sufficiently open, by your diet.

*Consumption.*—This complaint is generally caused by some acute disorder not being removed, and the patient being run down by the fashionable practice, until nature makes a compromise with disease, and the house becomes divided against itself. There is a constant warfare kept up between the inward heat and cold, the flesh wastes away in consequence of not digesting the food, the canker becomes seated on the stomach and bowels, and then takes hold of the lungs. When they get into this situation, it is called a seated consumption, and is pronounced by the doctors to be incurable. I have had a great many cases of this kind, and have in all of them, where there was life enough left to build upon, been able to effect a cure by my system of practice. The most important thing is to raise the inward heat and get a perspiration, clear the system of canker, and restore the digestive powers, so that food will nourish the body, and keep up the heat on which life depends. This must be done by the regular course of medicine, as has been directed in all violent attacks of disease, and persevering in it till the cause is removed.

This complaint is called by the doctors a hectic fever, because the patients are subject to cold chills and hot flashes on the surface; but this is an error, for there is no fever about it; and this is the greatest difficulty: if there was, it would have a crisis and nature would be able to drive out the cold and effect a cure. The only difficulty is to raise a fever, which must be done by such medicine as will raise and hold the inward heat, till nature has the complete command. When the patients are very weak and low, they will have what is called cold sweats; the cause of this is not understood: the water that collects on the skin does not come through the pores, but it is attracted from the air in the room, which is warmer than the body, and condenses on the surface. The same may be seen on the outside of a mug or tumbler on a hot day, when filled with cold water, which is from the same cause. It is of more importance to attend to the preventing this complaint than to cure it. If people would make use of those means

which I have recommended, and cure themselves of disease in its first stages, and avoid all poisonous drugs, there would never be a case of consumption or any other chronic disorder.

*Remark.*—The *Codfish Liver Oil* is almost a certain remedy for this complaint. Its efficacy was discovered not long since in Germany; and so great has been its success, that its use is now sanctioned by the entire Faculty. It is no quack nostrum, but is simply what its name indicates. No consumptive person should be without it a single day, as it is almost certain to effect a cure if taken in season.

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### Rules for Diet and Digestion.

THE following rules are drawn from Dr. Beaumont's well known *Observations and Experiments*, perseveringly made upon a healthy young man, whose stomach was exposed by a wound which healed, leaving an external opening. The rules are valuable for all, whether sick or well.

1. "Bulk is nearly as necessary to the articles of diet as the nutrient principle. They should be so managed that one will be in proportion to the other. Too highly nutritive diet is probably as fatal to life and health as that which is insufficient in nourishment.

2. The more plain and simple the preparation of food, and the less of seasonings of any kind, the better for health.

3. Thorough mastication and slow swallowing are of great importance.

4. A due *quantity* of food is of the utmost importance. "There is no subject of dietetic economy," says Dr. B., "about which people are so much in error, as that which relates to *quantity*." "*Dyspepsia is oftener the effect of over-eating and over-drinking than any other cause*."

5. Solid food, if properly masticated, is more easy of digestion than soups and broths.

6. Butter, fat meat and all oily substances, being always hard of digestion, tending to derangement of the stomach, are better omitted.

7. *Simple pure water is the only fluid necessary for drink, or for the wants of the system.* The artificial drinks are *all* more or less injurious.

8. Violent exercise very soon after a full meal is injurious, but gentle exercise promotes digestion. Sleep soon after a meal is better avoided.

9. Strong mental exercise and emotions of the mind, as grief, anger, fear, etc., particularly with a full stomach, tend to impair digestion.

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### General Rules for Preserving Life and Health.

*Sir R. Philip's Rules.*—1. Rise early, and never sit up late.

2. Wash the whole body every morning with cold water by means of a sponge, and rub it dry with a rough towel, or scrub the whole body for ten or fifteen minutes with flesh brushes.

3. Drink water generally, and avoid spirits, wine, and fermented liquors.

4. Keep the body open by the free use of the syringe, and remove superior obstructions by aperient pills.

5. Sleep in a room having free access to the open air.

6. Keep the head cool by washing it when necessary with cold water, and abate feverish and inflammatory symptoms, when they arise, by persevering stillness.

7. Correct symptoms of plethora and indigestion by eating and drinking less every day for a few days.

8. Never eat a hearty supper, especially of animal food; and do not drink wine, spirits, and beer.

*Dr. Boerhaave's Rules.*—Keep the feet warm; the head cool; and the body open. If these were generally attended to, the physician's aid would seldom be required.

## PART XIII.

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### CAKE BOOK.

*Queen's Cake.*—One quart of flour, one pint of sugar, half a pound of butter, one cup of sweet milk, one nutmeg, a little cinnamon, one pound of currants, one of raisins, and five eggs.

*Ginger Nuts.*—Two quarts of molasses, twelve ounces of ground cloves, one pound of sugar, two ounces of ground ginger, two ounces allspice, as much flour as will make a batter.

*Crullers.*—One pint of milk, two cups of sugar, one cup of butter, three eggs, one tea-spoonful of saleratus dissolved in water, one tea-spoonful of salt, and half a nutmeg grated; and a tea-spoonful of essence of lemon; use as much flour as will make a good dough, flour a cake-board, and roll out the cake about half an inch thick; cut them according to fancy, and fry in hot fat. (See Fried Cakes, or Doughnuts.)

*Lemon Cake.*—One and a half cups of sugar, half a cup of butter, half a cup of sweet milk, one tea-spoonful of saleratus, three eggs, two and a half cups of flour, one lemon grated.

*Common Cup Cake.*—One cup of butter, two cups of sugar, four cups of flour, four eggs, one cup of sour milk, one tea-spoonful of saleratus in water, one tea-spoonful of essence of lemon, and half a nutmeg. Beat the mixture well. Butter a couple of two quart basins, and divide the mixture between them. Bake it in a quick oven, for three-quarters of an hour.

*Indian Cake.*—Take one egg, half a pint of sour milk, a tea-spoonful of saleratus, three table-spoonfuls of molasses, and Indian meal to make it just about thick enough to pour. A good, plain Indian cake, can be made without the egg and molasses.

*Pancakes, extra.*—Half a pint of milk, three great spoonfuls of sugar, one or two eggs, a teaspoonful of saleratus, and spice to your taste.

*Plain Cake.*—Mix two cups of sour cream or milk, with one cup of sugar and some saleratus; then stir in five cups of wheat flour.

*Fruit Cake.*—One pound and four ounces of flour, one pound of butter, one pound of sugar, ten eggs, one pound of currants, one pound of raisins, half a pound of citron; spice to your taste, and a small teaspoonful of saleratus.

*Tea Cake.*—Take four cups of flour, three of sugar, one of butter, three eggs, one cup of milk, one spoonful of saleratus; a gill of yeast, and a little cinnamon. Bake fifteen minutes.

*Baker's Gingerbread.*—Three-fourths of a pound of flour, one quart of molasses, and one-fourth of a pound of butter, one ounce of saleratus, and one ounce of ginger.

*Hard Gingerbread.*—One pound of flour, half a pound of butter and sugar rubbed into it, half a pound of sugar, a great spoonful of ginger, a spoonful of rose-water, and a handful of caraway-seed, well beaten up, kneaded stiff enough to roll out, and bake in pans. Bake twenty or thirty minutes.

*Soft Gingerbread.*—One cup of cream, one of molasses, a teaspoonful of ginger, one of saleratus, dissolved, a little salt. Bake in half an hour.

*Excellent Gingerbread.*—One quart of sour milk, buttermilk, or sour cream; stir into it as much flour as will make it a thick batter, then a tea-spoonful of



finely-powdered sæleratus, two teacupfuls of brown sugar, two table-spoonfuls of powdered ginger, a pap-spoonful of salt, and a grated nutmeg ; let the batter be so thick that a spoon will stand up in it ; bake as soon as mixed, in buttered tin pans, and about an inch thick ; eat hot.

*Sponge Gingerbread.*—A pint of molasses, a tea-cup of sour milk or buttermilk, a table-spoonful of ginger, two spoonfuls of melted butter, two tea-spoonfuls of sæleratus, dissolved, and flour sufficient to roll. Cut it about half an inch thick, and bake it in a quick oven.

*Superior Indian Cake.*—Take two cups of Indian meal, one table-spoonful of molasses, two cups of milk, a little salt, a handful of flour, and a little sæleratus ; mix them, and pour into a buttered bake-pan, and bake half an hour.

*Wedding Cake.*—Take four quarts of flour, three pounds of butter, three of sugar, four of currants, two of raisins, two dozen of eggs, one ounce of mace, and three nutmegs ; a little citron and molasses improve it. Bake about three hours.

*Fruit Cake.*—Make a cake of one quart of flour ; about a quart of sugar ; three-quarters of a pound of butter, and ten eggs.

First, beat the yolks and sugar together ; then add the flour and butter, beaten to a cream ; and, lastly, mix in lightly, the whites of the eggs, beaten to a high froth. Then have a pound and a half of raisins stoned and chopped ; two pounds of currants, well washed, picked clean and dried ; one pound of citron cut in slips ; mace and nutmeg, each half an ounce ; and half a pint of brandy. Strew a pint of flour over the currants and raisins, and then stir them well into the cake. Line tin basins with buttered paper, fill them two inches deep, and bake in a moderate oven for three or four hours.

*Jumbles.*—Take four eggs, three cups of sugar, a little nutmeg, a tea-spoonful of salærated, a cup of butter. Stir in the flour until it will roll; cut in rounds, with a hole in the centre. Roll them in sugar.

*Plum Cake.*—One quart of flour; nine eggs, the whites and yolks beaten separately; one pound of butter; half a pint of brandy; one cup of molasses, and one pound of brown sugar; nutmeg and mace, each half an ounce. Beat this mixture well, then, having washed and dried three pounds of currants, and stoned and chopped three pounds of raisins, strew half a pound of flour over them; rub it well through them, and then stir them into the cake, with a pound of citron cut in slips. Line round tin pans with buttered paper, and fill them two inches deep with the mixture. Bake, in a moderate oven, for three or four hours.

*Rich Bride Cake.*—Take four quarts of fine flour; dry it; four pounds of sweet fresh butter, beaten to a cream; and two pounds of white sugar; add six eggs to every quart of flour; mace and nutmeg, half an ounce each; pound them fine.

Wash through several waters and pick clean from grit, four pounds of currants; spread them on a thick folded cloth to dry; stone and chop four pounds of raisins; cut two pounds of citron, in slices of a quarter of an inch in thickness; and chop or cut in slices, one pound of almonds.

Beat the yolks of the eggs, with the sugar, to a smooth paste; beat the butter and flour together, and add them to the yolks and sugar; and, lastly, add the spices, half a pint of brandy and the whites of the eggs, beaten to a high froth.

Beat the cake mixture well together; then stir into it, by degrees, the currants, citron, raisins, and almonds.

Butter the pans, line them with paper, and put the mixture two inches deep in each.

Bake, according to the depth of the cakes, three or four hours in a moderate oven.

*Graham Cake.*—Two cups of sugar, one cup of sour milk, one tea-spoonful of salærat, one tea-spoonful of salt, one table-spoonful of butter, and a little nutmeg, if you like.

This ought to be eaten fresh.

✓ *Molasses Cup Cake.*—Two cups of molasses; two cups of butter, one cup of milk, one tea-spoonful of salærat, dissolved in a little hot water, one tea-spoonful of essence of lemon, half a nutmeg and two eggs, and flour sufficient to make it as stiff as you can stir with a spoon; beat it well. Bake in a quick oven.

✓ *Caraway Cake.*—Take one quart of flour, three-quarters of a pound of sugar, half a pound of butter, a glass of rose-water, four eggs, and three large spoonfuls of caraway seeds; drop them from a spoon, and bake them brown in a slow oven.

*Lemon Cheese Cake.*—Two eggs, well beaten, one fourth of a pound of loaf-sugar crushed, one fourth of a pound of butter, a little lemon-peel grated, or essence, and a few almonds peeled and bruised. Bake like tarts.

*Doughnuts.*—Rub a quarter of a pound of butter into a quart of flour; add five ounces of sugar, two eggs, a spoonful of yeast, and sufficient milk to make into a stiff paste. When it has risen, roll it out, cut it into proper shapes, and boil it in lard until it is nicely browned.

*Another way.*—Take one pint of flour, half a pint of sugar, three eggs, a piece of butter as big as an egg, and a tea-spoonful of dissolved salærat; spice to your taste; when you have no eggs, a gill of yeast will do, but in that case, they must stand over night.

*Icing for Cakes.*—Beat the whites of eggs to an entire froth; to each egg add five spoonfuls of sifted loaf sugar; gradually beat it a great while. Put it on while your cake is hot, and set it in a warm oven to dry.

*The famous St. Charles Indian Bread.*—Beat two eggs very light, mix alternately with them one pint of sour milk or butter-milk, one pint of fine Indian meal, melt one table-spoonful of butter and add to the mixture; dissolve one table-spoonful of soda or salæratuſ in a ſmall portion of the milk and add to the mixture; beat all hard and bake in a quick oven.

*Family Gingerbread.*—Four cups of molasses, two cups of boiling water, four tea-spoonfuls of salæratuſ, a ſmall piece of melted butter; make it ſtiff with flour; roll it thin, and bake in pans.

*Economical Doughnuts.*—One cup of ſweet milk, one cup of ſugar, one tea-spoonful of ſalæratuſ, flour enough to make it roll. Salt and ſpice to ſuit your taſte; two or three plums in each cake, improves them.

*Buckwheat Cakes.*—Mix your flour with cold water; add a cup of yeast and a little ſalt; put it in a warm place over night. If it ſhould ſour in the morning, put in a little ſalæratuſ; fry the ſame as flat-jacks; leave enough to raiſe the next meſs.

*Common Flat Jacks.*—One quart ſour milk; thicken it with flour, two-ſpoonfuls of ſalæratuſ, and a little ſalt.

*Fried Wafers.*—Two eggs, two large ſpoonfuls of ſugar, one nutmeg; flour enough to knead up hard; rolled thin.

*Composition Cake.*—One quart of flour, one cup of ſugar, half a pound of butter, ſeven eggs, half a pint of cream.

*Wafers.*—One quart of flour, quarter of a pound of butter, two eggs beaten, one glaſs of preſerved quince-juice, and a nutmeg.

*Election Cake.*—Four quarts of flour, three quarters of a pound of butter, four eggs, one pound of ſugar, one pound of currants or raisins, half a pint of good yeast; wet it very ſoft, but not too ſoft to mould well on a board. Leave it to riſe over night, in winter:

in warm weather, three hours are usually enough for it to rise.

*Queen Cake.*—Beat one pound of butter to a cream, with some rose-water, one quart of flour, one pound of sifted sugar—beat all well together—and a few currants, washed and dried—butter small pans, of a size for the purpose, grate sugar over them—they may be done in a Yankee baker.

*Loaf Cake.*—Take two quarts of flour, half a pound of sugar, a quarter of a pound of butter, three eggs, one gill of milk, one half tea-cupful of sweet yeast, cloves and nutmeg for spice.

*Short Cake.*—Rub a very small bit of shortening, or three table-spoonfuls of cream, with the flour; put a tea-spoonful of dissolved salæratuſ into your sour milk, and mix the cake pretty stiff, to bake quick.

*Sponge Cake.*—Four large eggs, two cups of flour, two cups of sugar, even full, a tea-spoonful of salæratuſ, rose-water, lemon, or nutmeg for spices; beat the two parts of eggs separate, the white to a froth, then beat them together, then stir in the flour, and without delay, put it into the oven.

*Milk Biscuit.*—Take four quarts of flour, two pounds of lard, and butter rolled well; mix with milk; add a little salt.

*Soft Cake for Tea.*—Beat ten eggs light, and one and a half-pounds of sugar; add a half-pound of butter, and two pounds of flour, a glass of rose-water, and half a nutmeg.

*Poor Man's Pound Cake.*—Two cups of bread dough, one cup of sugar, one cup of butter, one egg, a tea-spoonful of pearlash, with rose-water according to taste.

*Cream Cup Cake.*—Four cups of flour, two cups of sugar, three cups of cream, and four eggs. Beat well, and bake in square tin pans. When cold, cut in squares; bake in a quick oven.

*Sweet Potato Cakes.*—Grate boiled sweet potatoes, and mix with an equal quantity of flour, four ounces of butter, and add salt and milk; cut out and bake in a hot oven. Slice and butter for tea.

*Wafers and Jelly.*—Take three ounces of butter, the yolks of three eggs, three-quarters of a pound of flour, and three-quarters of a pound of sugar; melt the butter, and put it to the eggs; then beat the whole together, with water sufficient to make a thick batter. Heat the wafer-irons, and bake five or six wafers. Spread one with jelly, lay another on that, and spread it also with jelly or jam; continue to do so until all are used; then trim off the edges neatly, and serve out in quarters.

To remedy a difficulty that has heretofore existed in works of this character, the quantity of ingredients used being generally given in weight, we subjoin the following valuable Table of Weights and Measures. It is necessary to observe, however, that due allowance must be made for quality, dryness, moisture, etc., of the articles used.

### Weights and Measures.

Wheat Flour,	one pound	is one quart.
Indian Meal,	one pound, two ounces	“ “
Butter, soft,	one pound, one ounce	“ “
Loaf Sugar, broken,	one pound, one ounce	“ “
White Sugar, pounded,	one pound, one ounce	“ “
Best Brown Sugar,	one pound, two ounces,	“ “
Ten Eggs	.	are one pound.
An ounce of cinnamon, ginger, pepper, spice, or cloves, two large table-spoonfuls.		

### Liquid Measure.

Sixteen large table-spoonfuls . .	are half a pint.
Eight large table-spoonfuls . .	are one gill.
Four large table-spoonfuls . .	are half a gill.
A common sized tumbler . .	holds half a pint.
A common sized wine-glass . .	holds half a gill.
A common tea-cup . .	holds half a pint.
An ounce of butter or lard melted,	a large table-spoonful.

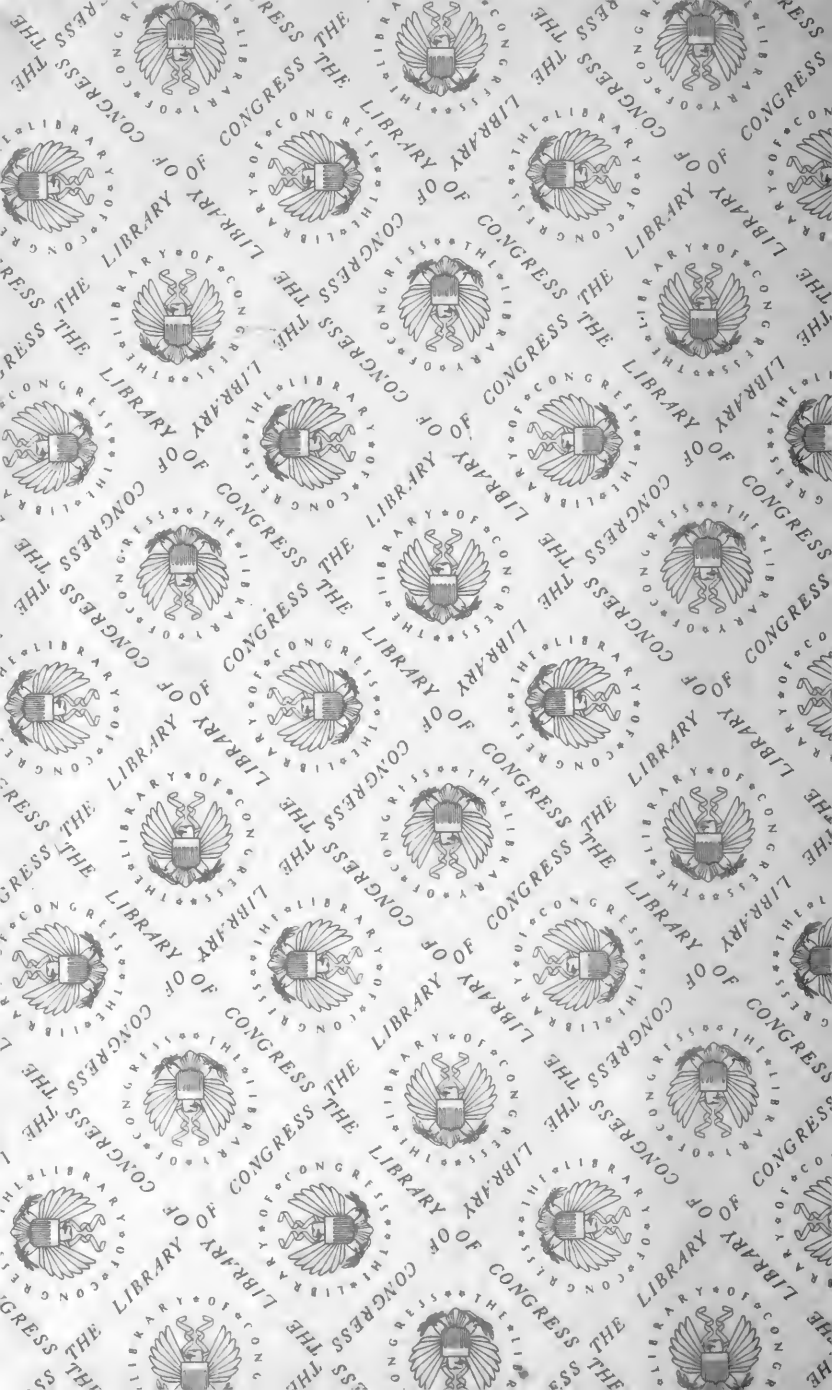
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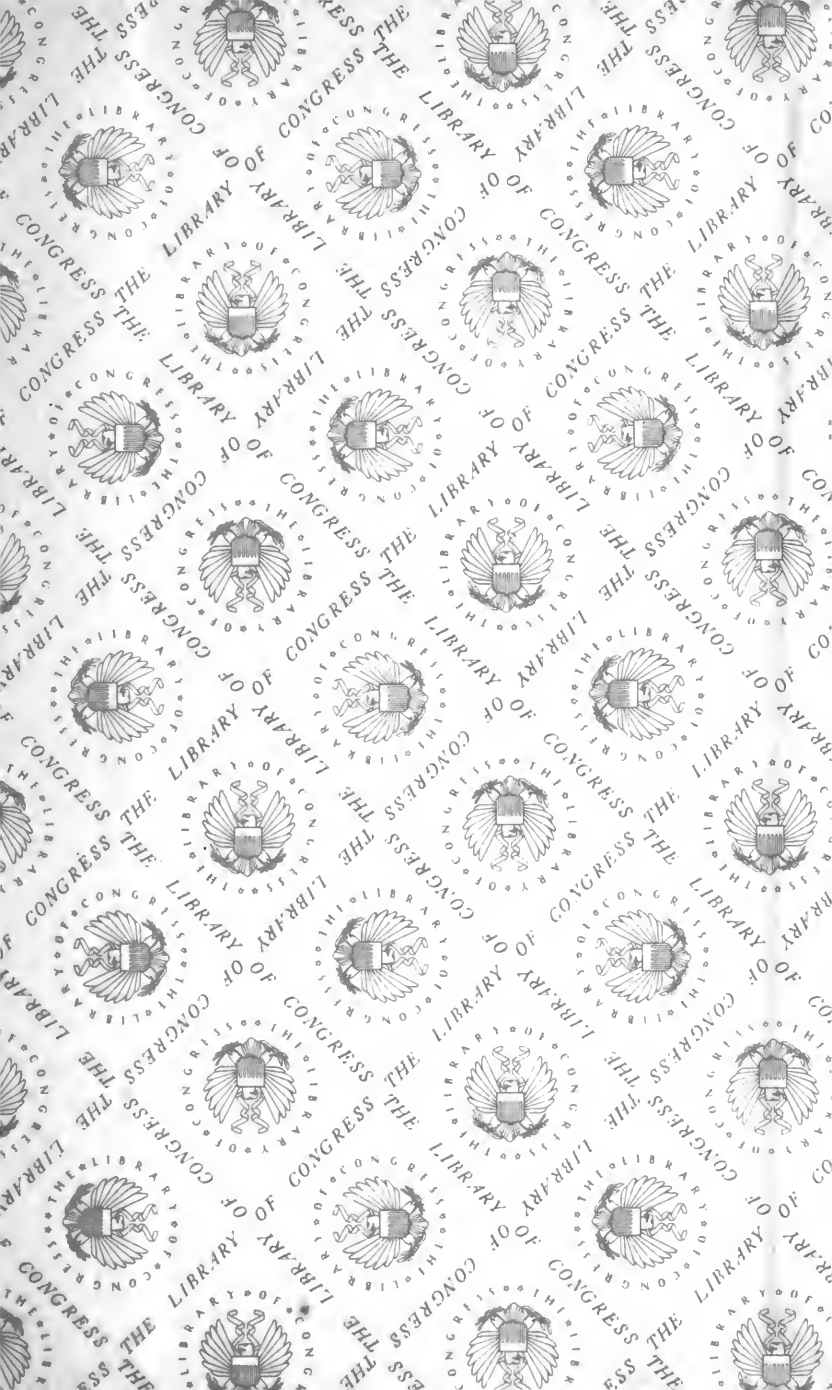












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